

SuperTEN

Primary Health Benefits of SuperTEN:

Aloe Vera - Aloe Vera use can be traced back 6,000 years to early Egypt, where the plant was depicted on stone carvings. Known as the "plant of immortality and prosperity," aloe was presented as a burial gift to deceased pharaohs and married couples for great wealth.

Historically, aloe was used typically to heal wounds and for various skin conditions, and orally as a laxative. Today, in addition to these uses, aloe is used as a folk or traditional remedy for a variety of conditions, including diabetes, asthma, epilepsy, osteoarthritis, burns, sunburns, and psoriasis. Aloe vera gel can be found in hundreds of skin products, including lotions and sunblocks. The Food and Drug Administration (FDA) has approved aloe vera as a natural food flavoring.

Aloe leaves contain a clear gel that is often used as a typical ointment. The green part of the leaf that surrounds the gel can be used to produce a juice or a dried substance (called latex) that is taken by mouth.

Here is a list of the Top 12 Benefits and Medicinal Uses for Aloe Vera:

1. Aloe Vera Is High in Vitamins & Minerals:

Aloe Vera contains many vitamins including A, C, E, folic acid, choline, B1, B2, B3 (niacin), B6. Aloe Vera is also one of the few plants that contains vitamin B12. Some of the 20 minerals found in Aloe Vera include: calcium, magnesium, zinc, chromium, selenium, sodium, iron, potassium, copper, manganese.

2. Aloe Vera is High in Amino Acids & Fatty Acids

Amino acids are the building blocks of protein. There are about 22 amino acids that are necessary for the human body and it is said that 8 of these are essential. Estimates of the amino acids found in aloe range from 18-20 amino acids, with all 8 essential amino acids. Aloe Vera also includes quite an impressive range of fatty acids. Aloe contains three plant sterols, which are important fatty acids- HCL cholesterol (which lowers fats in the blood), campesterol, and B-sitosterol. All are helpful in reducing symptoms of allergies and acid indigestion. Other fatty acids include linoleic, linolenic, myristic, caprylic, oleic, palmitic, and stearic.

3. Aloe Vera is an Adaptogen

Aloe Vera is a well-known adaptogen. An adaptogen is something that boosts the body's natural ability to adapt to external changes and resist illness. It is thought that aloe's power as an adaptogen balances the body's system, stimulating the defense and adaptive mechanisms of the body. This allows you an increased ability to cope with stress (physical, emotional and environmental stress like pollution).

4. Aloe Helps with Digestion

Poor digestion is related to many diseases. A properly functioning digestive tract is one of the keys and foundations of health. Aloe is known to soothe and cleanse the digestive tract and help improve digestion. The interesting thing about taking aloe internally is that, because it is an adaptogen, it helps with either constipation or diarrhea, helping to regulate your elimination cycles in whatever way you need. It's been a great remedy for people with problems such as irritable bowel syndrome as well as acid reflux. Aloe also helps to decrease the amount of unfriendly bacteria and in our gut keeping your healthy intestinal flora in balance. Aloe is also a vermifuge, which means it helps to rid the body of intestinal worms.

5. Aloe Helps in Detoxification

Aloe Vera is a gelatinous plant food, just like seaweeds and chia. The main benefit to consuming gelatinous plant foods in your diet is that these gels move through the intestinal tract absorbing toxins along the way and get eliminated through the colon. This will help the proper elimination of waste from your body and help the detoxification of your body.

6. Aloe Alkalizes the Body

Disease cannot manifest in an alkaline environment. Most people are living and subsisting on mostly acidic foods. For great health, remember the 80/20 rule – 80% alkaline forming foods and 20% acidic. Aloe vera is an alkaline forming food. It alkalizes the body, helping to balance overly acidic dietary habits

7. Cardiovascular Health

There hasn't been a lot of studies conducted in this but there has been some research to show that Aloe Vera extract injected into the blood, greatly multiplies the oxygen transportation and diffusion capabilities of the red blood cells. According to a study published in the 2000 issue of the British Medical Journal, beta sitosterol helps to lower cholesterol. By regulating blood pressure, improving circulation and oxidation of the blood, lowering cholesterol, and making blood less sticky, Aloe Vera juice may be able to help lower the risk of heart disease.

8. Aloe Helps Boost the Immune System

I think given the stresses of our daily lives, every one can use a boost to their immune systems. The polysaccharides in aloe vera juice stimulate macrophages, which are the white blood cells of your immune system that fight against viruses. Aloe is also an immune enhancer because of its high level of anti-oxidants, which help combat the unstable compounds known as free-radicals, contributing to the aging process. (Free radicals are a bi-product of life itself, it is a naturally occurring process but we can overload ourselves with unnecessary free-radicals by living an unhealthy lifestyle) Aloe is also an antipyretic which means it used to reduce or prevent fever.

9. Aloe Vera is Great for the Skin

Because of aloe's well-known healing properties for the skin, aloe is one of the primary compounds used in the cosmetic industry. It is a known vulnerary, (meaning it helps heal wounds) and is great for applying topically to burns, abrasions, psoriasis and even to bug bites. Aloe acts as an analgesic, acting to help relieve pain of wounds. It's feels especially good to cut a stem of aloe, place it in the fridge and rub it on sun burnt skin – the immediate soothing effect feels like an absolute lifesaver. Aloe is also an antipruritic: A substance that relieves or prevents itching. Aloe Vera is an astringent: which causes the contraction of body tissues, typically used to reduce bleeding from minor abrasions. Aloe Vera stimulates melanin production in the skin.

Due to aloe's high water content (over 99% water) it is a great way to hydrate, moisturize and rejuvenate the skin and fits within my general guideline: "Don't put anything on your skin that you wouldn't eat!" Aloe increases the elasticity of the skin making it more flexible through collagen and elastin repair. Aloe is an emollient, helping to soften and soothe the skin. It helps supply oxygen to the skin cells, increasing the strength and synthesis of skin tissue and induces improved blood flow to the skin through capillary dilation.

10. Disinfectant, Anti-biotic, Anti-microbial, Germicidal, Anti-bacterial, Anti-septic, Anti-fungal & Anti-viral:

Aloe Vera's active ingredients are sulphur, lupeol, salicylic acid, cinnamic acid, urea nitrogen and phenol which are substances that prevent the growth of disease-causing microorganisms and act as a team to provide antimicrobial activity thus eliminating many internal and external infections, also active against bacteria. It also helps to treat fungal and viral infections.

11. Aloe Helps Reduce Inflammation

Aloe Vera contains 12 substances, including B-sisterole, which can help to slow down or inhibit inflammation. This may be able to help with painful joints due to stiffness and help improve joint flexibility.

12. Weight Loss – A Secondary effect

Improving your digestion, and detoxifying your will have a secondary effect in promoting weight loss because when we start to improve our digestion we naturally eliminate more efficiently, which is a primary way they we detoxify – through our bowels. This will lighten our toxic load on the body and will give us more energy.

Maquí Berry (pronounced as mah-kee)- The purple Chilean maqui berry is one of the most antioxidant-rich foods. It contains an abundance of vitamin C, calcium, iron and potassium, anti-aging anthocyanins and polyphenols, and anti-inflammatory compounds. Maqui has a tart fruity flavor for the "World's most powerful Antioxidant Superfood" daily for maximum vitality & physiological balance. Higher energy levels, stimulates Melanin, increased stamina, a glowing complexion may be achieved.

Maquí berries contain purple pigment which is very rich in anthocyanins called delphinidins associated with a high antioxidant activity. The delphinidins demonstrate potent anti-inflammatory activity, help to reduce the risk of a variety of degenerative diseases that involve inflammation and inhibit the growth of [colon cancer](#) cells.

Inflammation is part of virtually every degenerative disease, from cardiovascular disease to diabetes to [arthritis](#). Any illness that ends with "itis" represents an inflammatory disease. The anthocyanins in Maquí exhibit powerful anti-inflammatory activity, and do it as well as drugs for the same purposes, without negative effects.

In addition, it may help to with the oxidation of cholesterol in the blood which is a factor in the development of cardiovascular disease: heart attack, stroke and hardening of the arteries. Regular daily intake of Maquí berries or the berry juice is a smart investment in better cardiovascular health.

Interestingly, intake of Maquí berries causes a significant increase of insulin in the body better than any other known plant. Consuming these berries or their juice with or after meals can help to suppress blood glucose, thereby evening out energy and preventing the formation of new fat cells. As a result, Maquí may prove to be a beneficial aid in weight control. Lastly, it demonstrated antibacterial activity, which suggests that it may aid in preventing illness due to foodborne germs (source: <http://www.foxnews.com/health/2011/01/26/marvelous-maqui-berry/>).

Goji Berry - or Wolfberry is called "**The Happy Berry**". It is a bright orange-red berry that comes from a shrub that's native to China. In Asia, Goji berries have been eaten for generations in the hopes of living longer. Over time, people have used goji berries to try and treat many common health problems like diabetes, high blood pressure, fever, and age-related eye problems act on the Kidney and Liver meridians to help with lower back pain, dizziness and eyesight. Goji berries are eaten raw, cooked, or dried (like raisins) and are used in herbal teas, juices, wines, and medicines. Unique among fruits because they contain all essential amino acids, [goji berries](#) also have the highest concentration of protein of any fruit. Goji berries are loaded with Vitamin C, has more carotenoids than any other food, twenty-one trace minerals, and high in fiber. In addition, 15 times the amount of iron found in spinach, as well as calcium, zinc, selenium and many other important trace minerals, making [goji berry](#) is a nutritional powerhouse.

This amazing little superfruit also contains natural anti-inflammatory, anti-bacterial and anti-fungal compounds. Their powerful antioxidant properties and polysaccharides help to boost the immune system. In short, traditional Chinese medicine value this berry for increasing strength and longevity <http://thehealthyeatingsite.com/the-health-benefits-of-goji-berries/>. A 500 gram bag can range \$20-15 at most natural health food stores.

Research shows that eating Goji berry results with powerful anti-oxidants and other compounds to our body. Goji berries also have compounds rich in vitamin A. In laboratory tests, anti-oxidants minimize damage from free radicals that injure cells and damage DNA. When a cell's DNA changes, the cell grows abnormally. Anti-oxidants can take away the destructive power of free radicals. Some studies using Goji berry juice found benefits in **mental well-being** and **calmness, athletic performance, happiness, quality of sleep, Melanin and feelings of good health**. These are preliminary studies that need to be repeated before definitive conclusions can be drawn.

Açaí Berry (pronounced ah-sigh-ee) - is referred to both the "**Beauty Berry and Skinny Berry**" plus more! For centuries, the beautiful people of Brasil have known for centuries the benefits of this berry. As one of the world's most complete superfoods, neutralizes free radicals responsible for oxidative stress with phenomenal antioxidants, vitamins, supporting beautiful hair, skin, nails, natural energy, a healthy metabolism and more. What do the most beautiful models drink and eat? Açaí is a staple in their diet and now SuperTEN makes cool to consume in a spray!

It's an inch-long thin skinned, purple fruit from the Açaí palm tree (Euterpeoleracea), which is native to Central and South America (primarily in Amazon rainforest of Brasil). Research on the Açaí berry has focused on its possible antioxidant activity. Theoretically, that activity may help prevent diseases caused by oxidative stress such as heart disease, cancer, arthritis, weight loss, high cholesterol, Erectile Dysfunction (ED), detoxification, stimulates the production of Melanin and improving general health. A University of Florida study reveals this berry has more protein than an egg and when combined with its host of omega 3, 6 and 9 fatty acids, test subjects reported improve in the look and texture of hair, skin and nails <http://www.doctoroz.com/blog/lindsey-duncan-nd-cn/so-whats-so-good-about-acai-whole-lot>. Açaí's ORAC level (Oxygen Radical Absorbance Capacity) is **over 3,500** which is hundreds of times higher than your average fruits---apples and bananas. In addition, UF study shows it helps with cancer, <http://news.ufl.edu/2006/01/12/berries/> . 12 benefits of

consuming Açaí: <http://www.globalhealingcenter.com/natural-health/benefits-of-acai/> . **Açaí is rich in so many vitamins and minerals to help the skin healthy. Some of these include phytosterols, vitamins C and E, manganese, chromium, copper and boron (boosts Testosterone). Not only this, but acai is also low in calories, contains no cholesterol, and is high in fiber and calcium. Açaí has even been known to reverse the signs of aging due to their powerful antioxidants, which is ten times as potent as a red grape. source: <http://www.supercupuacu.com/acai.php>**

5-HTP (5-Hydroxytryptophan, also known as oxitriptan), is a naturally occurring amino acid and chemical precursor as well as a metabolic intermediate in the biosynthesis of the neurotransmitters serotonin and melatonin from tryptophan. There is some evidence that 5-HTP might be about as effective as some prescription drugs for **Depression**. It

appears 5-HTP also reduce the symptoms of fibromyalgia including pain severity, morning stiffness, and sleeplessness.

Ionic Minerals - Every second of every day your body relies on ionic minerals and trace minerals to conduct and generate billions of tiny electrical impulses. Without these impulses, not a single muscle, including your heart, would be able to function. Your brain would not function and the cells would not be able to use osmosis to balance your water pressure and absorb nutrients.

Phosphatidyl Choline (Plant derived) - Recent studies have examined potential benefits of phosphatidylcholine for liver repair. One study shows the healing effect of phosphatidylcholine with hepatitis A, hepatitis B, and hepatitis C. The administration of phosphatidylcholine for chronic, active hepatitis resulted in significant reduction of disease activity though this needs more research and study.

Phosphatidyl Serine (Plant derived) - Phosphatidylserine made from cow brains used to improve attention, language skills, and memory in aging people with declining thinking skills. It's not known whether the newer products, which are taken from soy and cabbage, will have the same benefit. However, there is developing evidence that plant-derived phosphatidylserine improves memory in people with age-associated mental impairment: Alzheimer's and Dementia.

Green Tea Extract - like SLIM By TEN, SuperTEN also has green tea extract. It's also known to detoxify the body and keep the immune and circulation systems working properly. It's been shown to help those with high cholesterol levels and stimulates the production of Melanin (source: increasemelatonin.blogspot.com). The biochemical properties of green tea extracts can be generally divided into four aspects - antioxidant stronger than Vitamin C, anti-carcinogen, anti-inflammatory, and anti-radiation (source: **FitnessRx for Men**, May 2006, www.fitnessRXforMen.com and **Muscle Magazine** Summer 2011, Abs Special www.emusclemag.com).

Though it contains less caffeine than a cup of coffee, the caffeine in a green tea dietary supplement is believed to help the body burn calories more quickly than normal. This is believed to fuel weight loss and help the body break down fat more easily. That's not the only benefit of the green tea dietary supplement, though. Some studies have suggested that green tea may contain a powerful antioxidant that can help the body fight cancer cells. The studies have shown that people drinking the green tea have a higher success rate when it comes to beating cancer. Green tea has also been found to help arthritis and other joint problems.

It's also known to detoxify the body and keep the immune and circulation systems working properly. Finally, it's been shown to help those with high cholesterol levels regulate cholesterol levels. These are just some of the positive things that green tea can do for you. more details [here](#) . Epigallocatechin gallate (EGCG), a catechin that boosts metabolic rate to encourage burning fat EGCG also helps protect norepinephrine, a stimulatory brain chemical which supports fat burning. In additional Green Tea contains theanine which helps you relax and sharpens mental focus beneficial when cutting calories for fat loss. Lastly this compound stimulates the body to produce the antioxidant Glutathione.

Peppermint - According to the German Commission E monographs, peppermint oil (as well as peppermint leaf) has been used internally as an antispasmodic (upper gastrointestinal tract and bile ducts) and to treat irritable bowel syndrome (IBS), catarrh of the respiratory tract, and inflammation of the oral mucosa. Externally, peppermint oil has been used for myalgia and neuralgia. Peppermint oil may also act as a carminative, cholagogue, antibacterial, and secretolytic, and it has a cooling action.

Astaxanthin - is a deep red colored phytonutrient synthesized by microalgae called Haematococcus. It is grown in fresh water using sophisticated techniques that encourage the algae to grow its own powerful medicines that protect it from oxidation, UV radiation and other environmental oxidative stress. When harvested from the algae and concentrated into a liquid, astaxanthin becomes the most powerful antioxidant known in the natural world, demonstrating 550 times than the antioxidant power of Vitamin E. Amazingly Astaxanthin surpasses many of the antioxidant benefits of vitamin C by 6,000 times, vitamin E, beta-carotene and other carotenoids while called "Beauty from within" or Cosmeceutical nutrient. Astaxanthin helps with visual acuity, accommodation time and depth perception, faster reflexes, joint health, helps with pain, reproductive health, cardiovascular health, macular degeneration along with anti-aging of skin by controlling free radicals, improves reflexes, empowers the cell mitochondria results in increased energy and perhaps the next panacea for weight loss and energy. As a powerful antioxidant, astaxanthin has been shown to effectively scavenge free radicals from muscle tissue and help reduce singlet oxygen (particular type of "bad" oxidation) astaxanthin can potentially give your strength, stamina, and endurance a healthful boost. Mitochondria are little intracellular powerhouses within your body. They produce up to 95% of your body's energy. So, it should not be surprising mitochondria are found in your muscle tissue. That's where you have one of the greatest demands for intense bursts of energy. Repetitive muscle tests found Astaxanthin reduced inflammation and pain due to deep knee bend exercise compared to placebo group. This compound has been known to reduce weight, improve visual acuity and depth perception by 46% allowing your eye to view and reflexes, respond quicker and faster to objects. Protects the body from rusting (oxidation), protects the cell mitochondria to reduce or burn fat faster, protects the capillaries and improves blood transit time by red blood cells, improves accommodation time in the eye (lens ability to react to objects) therefore reaction time is faster key for driving and athletes, 100% of skin

study participants observed 50% reduction in fine lines and wrinkles by improving skin moisture which leads to better elasticity, firmness and tone. Recent skin studies http://www.actabp.pl/pdf/1_2012/43.pdf

Astaxanthin is fed to animals such as Alaskan iditarods (sled dogs) and race horses in Europe because this product improves energy, improves muscular endurance and strength, protects both muscle and the mitochondria from oxidative stress, reduces inflammation, vision and circulation. [Spray your pet and notice the improvement in energy and vitality.](#)

Astaxanthin has multiple benefits including combating inflammation which in a silent manner affects 3 out of 4 Americans: <http://articles.mercola.com/sites/articles/archive/2011/07/12/astaxanthin-the-antiinflammatory-nutrient.aspx>

Astaxanthin helps with Low T, reproductive health and more? http://www.huffingtonpost.com/suzy-cohen-rph/astaxanthin_b_2750910.html

- Antioxidant
- Increased muscle endurance and reduced muscle damage**
- Reduced eye fatigue and improved visual acuity**
- Wrinkle reduction by internal supplementation**
- Immunomodulation**
- Reduction of hyper pigmentation
- Cytokine regulation**
- Gastric Health**

Plus, Astaxanthin has been shown to be more effective than other carotenoids and other nutrients at "**singlet oxygen quenching**" by being up to...

- **800 times** stronger than CoQ10*
- **6,000** times greater than Vitamin C*
- **550** times more powerful than Green Tea catechins*
- **11** times stronger than Beta-carotene*

Astaxanthin was even found to be as much as 2.75 stronger than Lutein with regard to singlet oxygen quenching. In Japan, there's Astaxanthin bars where people consume this on a regular basis!

Astaxanthin - Up To 6,000 Times More Powerful Than Vitamin C

The Astaxanthin provides health in the following areas: muscle endurance, visual acuity, skin health, immune function and cardiovascular health. Astaxanthin is superior to many other antioxidants, up to 6,000 times more powerful than Vitamin C. An increasing body of research shows how Astaxanthin can be used to support skin health, vision, cardiovascular health and many other important areas of health.

Over the last 20 years, published research and human clinicals have demonstrated the dynamic antioxidant properties and important health related benefits of Astaxanthin as a dietary supplement. Astaxanthin, a natural carotene that gives wild salmon its appealing orange color, is poised to become the next "Superstar Antioxidant." A close relative of the more familiar Beta Carotene and Lutein, Astaxanthin is vastly more powerful at knocking out free radicals, those infamous

rogue molecules that prowl around the body, leaving damaged cells and tissues in their wake.

Scientifically Proven Benefits

Astaxanthin backed by multiple studies and patents with tocotrienols, which are the most powerful form of Vitamin E for support of cardiovascular health to naturally support: healthy energy levels, healthy skin, visual acuity, muscle endurance and recovery, anti-inflammatory, immunity and circulation. For more information about the numerous health benefits of Astaxanthin [click here](#) . SuperTEN contains Astaxanthin in a form that 98% absorbed.

Skin Health

Confirming discoveries made in skin cell research, a groundbreaking placebo-controlled study in 2006 demonstrated that 4 mg per day of Astaxanthin offered significant support in the maintenance of youthful skin qualities, like elasticity. Astaxanthin with Tocotrienols helps with skin health. Tocotrienols have a natural affinity for the skin's outer layer, and in fact tocotrienols penetrate the skin's layers more efficiently than tocopherols. The superior antioxidant activity of tocotrienols affords a protective effect for maintaining healthy skin. Tocotrienols are now recognized for their skin health benefits, as documented by scientific studies.

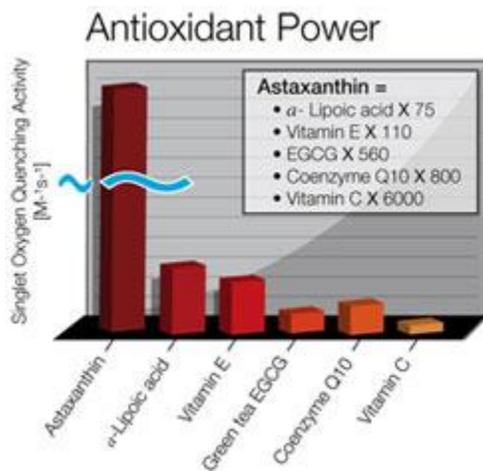
For Your Eyes

Over two decades of research has led to some conclusions about the utility of Astaxanthin in supporting ocular health. This is more important now than ever before, when we realize that electronic devices---smartphones, pads and tablets with small screens and tiny print are becoming more prevalent in daily life. Remarkably, clinical studies in Japan have suggested specific visual benefits from astaxanthin supplementation--support for acuity and ocular accommodation - especially for those who stare at computer, phone and tablet screens while at work experiencing Computer Visual Stress (CVS) from Video Display Terminals (VDT) http://www.zentrum-der-gesundheit.de/pdf/astaxanthin-ia_16.pdf . Through its antioxidant properties, Astaxanthin demonstrates a protective effect on the retina, rods, cones and lens. http://www.zentrum-der-gesundheit.de/pdf/astaxanthin-ia_17.pdf.

Help for an Active Lifestyle

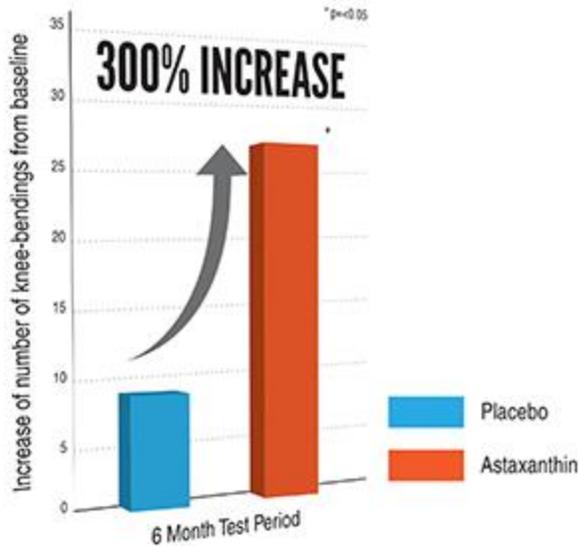
Astaxanthin not only provides support for normal physiologic functions, it can also help you enjoy vigorous exercise more comfortably. In a human trial that built upon exercise science observations from studies in mice, lactic acid buildup (which hinders performance) was significantly lower in the group of runners who took it before their activity.

Singlet Oxygen Quenching Activity



Astaxanthin naturally support: **healthy energy levels, healthy skin, wrinkle reduction, visual acuity, muscle endurance and recovery, joint issues, burns fat, immunity and circulation.***

Increase in Strength/Endurance

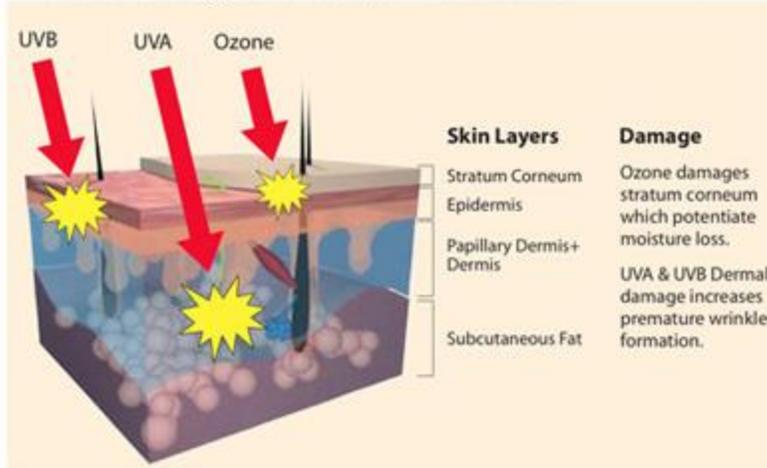


Astaxanthin improved strength/endurance at 6 months determined by the average number of knee bends per person.

Over two decades of research has led to some conclusions about the utility of astaxanthin in supporting ocular health.* This is more important now than ever before, when we realize that electronic devices with small screens and tiny print are becoming more prevalent in daily life. Remarkably, clinical studies in Japan have suggested specific visual benefits from astaxanthin supplementation--support for acuity and ocular accommodation - especially for those who stare at screens while at work. Through its antioxidant properties, astaxanthin demonstrates a protective effect on the retina.* (source: Jason Kam, Purity Products).

As per Singlet Oxygen Quenching Activity

Illustration showing effect of UVA, UVB & Ozone on skin.



Astaxanthin supports skin renewal by attenuating factors that contribute to wrinkle formation.*



Benefits by using SuperTEN by Team Effort Network (TEN):

- Powerful Body Builder (helps reduce lactic acid levels)
- Natural source of Multivitamin and Trace minerals
- Good for Digestive System
- Dental Health & Skin Care --UV light
- Immune support and function, also anti-inflammatory
- Healthy Weight, Heart, Brain and Nervous system
- Increase Energy level
- Liver Healing