

Ingredient facts about Nikken's immune support product

'Immunity'

By Dr. Gordon Pedersen

Biologically active mushrooms have been shown in published science journals to be anti-viral, anti-cancer, anti-tumor, anti-Leukemia and antibacterial. These mushrooms used in the product Immunity seem to be active because they stimulate immune cells, cytokines and protect vital organs like the liver and skin. A combination of these biologically active mushrooms increases the natural defenses of humans and promotes stronger immune responses against serious chronic diseases and tumors. A person taking these mushrooms could expect an increase in NK cells and an associated increase in immunity against viruses, bacteria and cancers. This immune enhancement could be used preventively and/or against a pre-existing disease.

Ingredients Reviewed:

Cordyceps Sinensis

- **Protects the kidney and improves kidney function** in rats with renal failure. (Am. Journal of Chin. Medicine, 2005,33(3) 491-500)
- **Protects against strep infection.** (J. Med. Microbiology, 2005, 54(8) 795-802)
- **Degrades dioxins** (FEMS Microbiol. Lett., 2005, July 248(1) 17-22)
- **Combines with other antioxidants to become stronger against leukemia. Helps reduce pain, fatigue and DNA damage in peripheral blood.** (Phytomedicine, 2005, apr. 12(4) 255-263)
- **Inhibits leukemia.** (Oncology Report, 2005, June 13(6) 1211-16)
- **Acts as an immune modulator in 1-2 hours after consumption,** (PubMed PMID,2005)
- **Demonstrates anti-tumor activity,** (Clin Exp Pharmacol Physiol. 2004, Dec 2:S51-3)
- **Demonstrates anti-inflammatory activity,** (Journal of Ethnopharmacology, 2005, Jan 96(3) 555-61)
- **Demonstrates immune modulatory and anti-tumor activity.** (Biotech and Biochem, 2005)

Agaricus blazei Qingyuan

- **Helps inhibit growth and metastasis of cancers by activating immune factors like bone marrow and cytokines.** (International Immunopharmacology, 2005, sep.(10)1523-32)
- **Demonstrates anti-diabetic activity.** (Biotechnol Lett, 2005,27(7) 483-7)
- **Demonstrates anti-tumor and anti-metastatic activity.** (Toxicol in Vitro, 2005, 7:1047-53)
- **Beneficial to chemotherapy patients: improves NK cell function, appetite, weakness, alopecia and helps improve emotional stability,** (Int Journal of Gynecol. Cancer, 2004, 14(4) 589-94)
- **Helps protect against viruses (herpes simplex),** (Journal of Immunology, 1999, 1:162(5)2912)

Maitake (grifola frondosa)

- **Demonstrates anti-tumor effects and helps reduce immune suppression.** (Nutrition, 2005, 21(5) 624-9)
- **Helps enhance cytotoxicity of NK(natural killer) cells, which destroy cancer and tumor cells.** (Oncology Report, 2005, 13(3)497-502)

Reishi (ganoderma lucidum)

- Helps lower cholesterol by inhibiting cholesterol synthesis. (Applied Environmental Microbiology, 2005, 71(7) 3653-58)
- Demonstrates anti-tumor and anti-metastatic activity. (InVivo, 2005, 19(1)37-60)
- Helps suppress the growth of breast cancer cells. (Nutr; Cancer, 2004; 49(2) 209-16)

Trametes versicolor

- Helps inhibit and detoxify heavy metals. (Dept. of Chemical Engineering, University of Vigo, 2005)

Shiitake (lenfinula edodes)

- Contains Lentin which is an immune modulating (1-3)-b-D-Glucan. (Acta Pol Pharma, 2004, dec 61 suppl, 40-2)
- Demonstrates antimicrobial effects against E-coli, staph, Candida albicans, enterococcus, staph aureus, E faecalis, and promotes the growth of good intestinal flora; bifidobacterium and lactobacteria. (Zh. Mikrobiol. Epidemiol. Immunobiol, 2005, jan (1)80-82)
- Demonstrates anti-viral, anti-HIV and anti-leukemia activity. (Life Science, 2003, nov 14:73(26):3363-74)

Heridium erinaceus

- Helps protect cardiovascular and kidney circulation. Helps reduce cell proliferation of skin carcinomas. (Cancer Lett. 2005, 18:220(1) 21-28)
- Tremella mesenterica (Journal of Vet Science, 2005, 6(2); 161-64)

Phellinus linteus Mauiensis

- Demonstrated hyperglycemic benefits (Appl Microbiol Biotechnol. 2005, 7:1-7)

Oyster (pleurtus ostrealus siberiaensis)

- Demonstrates highly potent anti-cancer activities in liver cancer and sarcomas (Biochem Biophys Res Commun. 2000, sept 7:275(3):810)

Chaga (inonolus obliquus oinda)

- Helps protect DNA from Damage. (Biofactors, 2004, 21(1-4):109-12)

Enoki (Flammulina velutipes)

- Helps increase natural killer cells, and may help extend life span absent of cancer. (Archiv Environmental Health, 2003 aug, 58(8):533-7)
- Helps prevent leukemia in humans by activating immune cells and stimulating cytokines, resulting in anti-tumor activity. (Argic Food Chem, 2005, Jan 26:53(2):300-5)

Nikken would like to give you the tools to fight this revolution:

1. Greenzymes.
2. Ciaga
3. Kenzen Wellness packs for men and women
4. Lactoferrin
5. Fruit and vegetable capsules

1. Greenzymes contains:

Green barley which is called a whole food (PDA approved). This means you could live a healthy life by consuming this one food source. Green Barley contains about 100 times more nutrients than any fruit or vegetable.

Scientific studies report Green barley has multiple benefits:

Reduces allergies (Chem. Pharm Bull. 1999)

Helps balance Ph and strengthen immune system (Japan Pharm Sci, 1981)

Helps balance blood glucose (Diabetes, 1997)

Helps reduce cholesterol (Journal of Nutrition Science, 1993)

2. Ciaga contains:

21 of nature's finest super nectars

About twice the antioxidant power of any other fruit juice in our industry

Approximately 5 times the pure raw ingredients of any other drink in our industry

No added water (not diluted) & No added sugar

All natural preservatives

Tastes great because your body recognizes the all natural, undiluted fruit nectars

Is organic processed (Texas State Dept Agriculture #207 885)

CIAGA has the following ORAC rating: 27,098 and is almost twice any other drink in our industry. **Ciaga:** Cardiovascular, Immune, Antioxidant, Gastrointestinal, Adaptogenic (for stress)

3. Kenzen Wellness Packs for Men and Women:

Designed to provide total nutrition (daily vitamins, minerals, antioxidants and essential fatty acids). Men's pack contains prostate benefits. Women's pack contains hormone balancing herbs.

4. Lactoferrin:

Blocks the toxins from being absorbed, while it enhances our absorption of good nutrients, and is a pre-biotic to benefit overall digestive function.

Fruit and Berry Capsules contains:

The same organic process # and are used for people on the move. It is a convenient fruit and berry replacement for people who do not eat 9-11 servings of whole foods daily, (You can taste the quality in NIKKEN products)

Vegetable Capsules contains:

Vegetables that people don't like to eat, or cannot find sufficient vegetables. These are a good source of vegetable replacements. (You can taste the difference in these supplements because we give the best).

I believe your body will heal itself if you give it the proper tools (Gordon Pedersen, Ph.D)

The tools most recognized by your body are whole foods.

This means the safest, best absorbed way to work with your body is giving it healthy sources of whole foods. After all you don't suffer from a penicillin deficiency when you are sick... So I believe you need doctors and drugs for emergencies, but you should be living under the laws of prevention 99.99% of your life. Which means whole foods are the first and foremost method of cleansing toxins, building healthy cells, and defending against disease.

In fact... Whole foods have been the cure of many fatal diseases, like scurvy, pellagra, beri-beri. In addition, they have been shown by scientists to lower cholesterol, reduce inflammation and promote wellness.

Many people want proof that these whole foods or dietary supplements work.

"Congress finds; that there is a link between the ingestion of certain nutrients or dietary supplements and the prevention of chronic diseases like cancer, heart disease and osteoporosis" (US law 103417)

"Congress finds; the importance of nutrition and the benefits of dietary supplementation to health promotion and disease prevention have been documented in scientific studies" (US law 103-417)

According to the United States Department of Agriculture, 92% of Americans do not get sufficient nutrients from the foods we eat

The US government recommends 9-11 servings of whole foods daily.

Did you know that many of the fruits and vegetables you buy at local super markets undergo some or all of the following:

- Radiation (up to 30 million x-rays to prevent softening of the fruit)
- Fumigated (carbon dioxide to kill pests and insects)
- Sprayed (with anti-bacterial anti-fungal, herbicides)
- Fertilizers or toxins in skins (human fertilizers are used in many countries)
- White flour processing; 22 nutrients are removed and 70% of all minerals are destroyed during the milling and bleaching process... then we add three vitamins back thiamin, riboflavin and niacin)

CIAGA Ingredients

Reviewed by Dr Gordon Pedersen

Pomegranate

Helps lower circulating fats in normal and diabetics (British Journal of Pharmacology, 2005)

Reduced proliferation of all cancer cell lines 30% to 100% (Journal of Nutritional Biochemistry, 2005)

Pear

Slows aging process, helps reduce cancer, helps reduce coronary heart disease, stroke, high blood pressure, cataracts and urinary tract infections (United States Department of Agriculture)

Noni

Helps as an anti-inflammatory and anti-oxidant (Journal of Pharm and Pharmacol, 2005)

Cherry

Helps with gout, arthritis, fibromyalgia, sleep disorders, cancer and diabetes (Nucleic Acids Research)

Blueberry

5 times the antioxidant levels of vegetables (United States Department of Agriculture)

Helps with neurological behavior problems, age related problems like balance, coordination eyesight and memory (Journal of Agriculture and Food Chemistry)

White Grape

Anti-viral and viral inactivation (Appl. Environmental Microbiology, 2004)

Aloe Vera

Anti-cancer, anti-viral, anti-bacterial and promotes normal digestion and softens skin (Russ Journal of Immunology 1999)

Anti-Metastatic (Vopr Oncology, 1986)

Fiber

Can produce a 40% lower risk of heart disease and helps reduce hunger (FDA, Harvard)

Brown rice extract

Contains selenium which is anti-cancer promotes normal blood glucose, and immune Stimulant (Cancer Research)

Contains manganese and SOD which protects DNA from free radical damage-

Women who eat brown rice extract are 49% less likely to gain weight

(American Journal of Clinical Nutrition)

Red rice yeast extract

Helps lower cholesterol, and protects endothelial function due to anti-inflammatory and lipid lowering action (Circulation, 2004)

Mandarin orange crystal extract

Anti-viral, anti-allergy, benefits liver cells, and may aid with diabetes (Diabetes, 2005)

Orange crystal extract

Helps inhibit fungus candida fungus Candida (Journal of Clinical Microbiology 2005)

Raspberry crystal extract

Nikken Vegetable Caps

Parsley

Helps lower blood glucose and benefit the diabetic. (Phytother Res, 2005)

Kale

Helps prevent breast cancer. (Journ Nutrition, 2005)

Spinach

Helps reduce tumor growth by shrinking vessel growth. (Oncology Report, 2005)

Brussels sprouts

Antioxidant indole source (Genetics, 2005)

Broccoli

Helps suppress cancer and suppress carcinogenesis (toxicology and Applied Pharmacology, 2005)

Cauliflower

Helps reduce dangerous levels of estrogen and may help prevent cancer
(Women's Health Watch, 2005)

Helps with asthma (Allergy, 2005)

Beet

Benefits the intestines, lungs and may inhibit peritonitis (Khuruguriaa, Mosk, 2005)

Tomato

Anti-viral and helps prevent SARS (Proc Nat Acad Set. 2005)

Contains Lycopene which is anti-cancer and benefits the prostate (Biochem BJophys, 2005)

Carrot

Anti-bacterial, anti-mold, sanitizer, E-coli, Listeria (Jom Food Prot, 2005)

Cabbage

Helps reduce asthma and anti-allergy (Allergy, 2005)

Garlic

Anti-viral, beneficial to the liver, and immune system (Chem Biol Interact, 2005)

Anti-bacterial, and beneficial to diabetics by balancing blood glucose
(European Journal of Pharmacol, 2005)

Helps reduce stress (Journ Pharm Pharmacoi, 2005)

Nikken Fruits and Berries Caps

Cranberry

As an antioxidant, helps prevent urinary tract infections (Journal of urology 2005)
Anti-bacterial (Journ. Med Food, 2005)

Papaya

Anti bacterial, E-coli (Biochem Journal, 2005)

Pineapple

Anti-inflammatory (bowel) (Clinical Immunology, 2005)
For treatment of osteoarthritis (Comp Alt Med, 2004)

Blueberry

A neuro protector for cells in the brain. Helps improve hearing, eyesight, memory
(Cell transp, 2005)

Strawberry

Anti-fungal (Journ, Exp Bot, 2005)
Can Nap block radiation from UV fight and help prevent cancer (Journ Food Ag Chem, 2005)

Blackberry

Benefits stomach, kidney, liver and brain (Journal Ag Food Chem, 2005)

Bilberry

Help protect the eyes from over exposure to sunlight and improve night blindness
(Photochem Photobiol, 2005)
Helps prevent colon cancer (Journal Ag Food Chem.2004)

Grape

Benefits brain, anti-aging, and cardiovascular system (Neuroscience Letters, 2005)

Cherry

Benefits eyes and macula (Korean Journal of Ophthalmology, 2005)

Raspberry

Anti-bacterial, anti-cancer and helps prevent pre malignant and malignant cells
(Nutr. Cancer. 2005)

Orange

Helps inhibits fungus (Journal of clinical Microbiology, 2005)

Mandarin orange

Anti-viral, anti-allergy, benefits the liver, and may aid with diabetes (Diabetes, 2005)

Apricot

Helps in cancer prevention (Journ Ag Food Chem, 2005)

Plum

Antioxidant activity in the blood is measured within 30 minutes and lasts for 20 more hours.
(Journ Med Food, 2005)
Anti-obesity (Life Science 2005)
Prevents pre-malignant and malignant and cell growth (Nutritional Cancer 2005)
Inhibits growth of intestinal pathogens (Journal of Applied Microbiology'2005)

Beta-sitosterol

Promotes bladder protection

Green tea leaf extract

Helps relieve dry mouth (Dentistry Today 2004)
Anti-inflammatory. anti-mutagenic, anti-tumorogenic effects (Biochem. Pharnacol. 2005}

Hibiscus flower extract

Helps lower cholesterol and lower blood sugar in diabetics (Journal of Ethnopharmacol 2003)

Jujube fruit extract

Fungistatic (Journal of Food Prot., 2005)

Helps protect neuronal cells from alcohol damage (Journal of Ethnopharmacol 2004)

Stevia Extract

Helps protect DNA from free radical damage and helps prevent cancer (Life Science 2005)

Gogi berry extract

Anti-diabetic, anti-tumor, anti-fungal, anti-Alzheimer (Biogerontology 2004)

Panax ginseng extract

Increases the number and activity of NK cells (Pedersen G. Dissertation Research)

Rhodlola root extract

Anti-inflammatory during exercise

Increases exercise performance by 24.6% and increases ATP synthesis and re-Synthesis (Bull Experimental Bio) Medicine, 2004)

According to "Integrative Medicine", fruits and vegetable extracts do the following:

increase the number of immune cells

increase the activity of NK cells

increase immune function

Antioxidants are protection Factors.....