A Compendium of Scientific References Supporting the Efficacy of Ingredients Used in the Formulation of Alpha CRS+® Cellular Vitality Complex

The extracts and ingredients in this research compendium have been studied and shown to have beneficial effects on the cell. Research has shown that these ingredients are powerful antioxidants and can protect DNA and mitochondria against oxidation. Studies also show that the extracts included are supportive of a healthy immune system and inflammatory response and can optimize cellular energy production and metabolism. In addition, research has shown that these ingredients support healthy brain function, memory, mood, and cardiovascular health. Regular use of the following ingredients, along with a healthy diet, regular exercise, managing stress and rest, and managing exposure to harmful environmental stressors will decrease the likelihood of the premature onset of some conditions associated with aging.

Health Benefit Claims of Alpha CRS+ Cellular Vitality Complex:

- Provides support to antioxidant defense network*
- Provides powerful DNA protection against nucleic oxidation*
- Provides important factors of cellular energy and metabolism *
- Supports healthy genetic expression of cellular longevity factors*
- Supports healthy inflammatory response to oxidative stress in cells*
- Supports a healthy immune system*
- Supports a healthy brain function, memory and mood*
- Supports cardiovascular health*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
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1. Boswellia Serrata gum resin extract (Boswellic Acid)

**Key Scientific References:**


2. Scutellaria Root Extract (Baicalin)

Latin name: Scutellaria baicalensis, Scutellaria macrantha (synonym)

Common names: Chinese or Baikal skullcap, skute, huang qin

(Note: Scutellaria baicalensis, or Baikal skullcap, is NOT the same as scutellaria lateriflora L., or blue skullcap, which has had reports of possible hepatotoxicity.)

**Key Scientific References:**


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### 3. Milk Thistle Seed Extract (Silymarin)

**Latin name:** *Silybum marianum*

**Common names:** Milk thistle, Mary’s thistle

**Key Scientific References:**


4. **Polygonum Cuspidatum Root Extract (Resveratrol)**

   Latin name: *Polygonum cuspidatum, Fallopia japonica*


**Key Scientific References:**


5. **Green Tea Leaf extract**

Latin name: *Camellia sinensis*

**Key Scientific References:**


5. Pomegranate Fruit Extract (Ellagic Acid)

Alternate name: *Punica granatum*

**Key Scientific References:**


6. Pineapple Extract (Bromelain protease enzyme)

Latin name: *Ananas comosus, Ananas ananas, Bromelia ananas, Bromelia comosus*

Common names: Pineapple

**Key Scientific References:**


7. Turmeric Root Extract (Curcumin)

Latin name: *Curcuma longa*

Common names: Curcumae longa, curcumae longae rhizoma, curcumin, halada, haldi, haridra, Indian saffron, nisha, pian jiang huang, radix curcumae, rajani, rhizoma

**Key Scientific References:**


8. Grape Seed Extract (Proanthocyanidins)

Latin name: *Vitis vinifera*

Common names: Activin, black grape raisins, calzin, draksha, enocianina, European wine grape, extrait de pepins de raisin, flame grape, Folia vitis viniferæ, grape, kali draksha, muskat, oligomeric proanthocyanidins, oligomeric procyanidins, OPC, OPCs, PCO, PCOs, petite sirah, proanthodyn, procyanidolic oligomers, purple grape, raisin, red globe, red grape, red malaga, sultanas, white grape, wine grapes.

**Key Scientific References:**


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9. **Sesame Seed extract**

Botanical name: *Sesamum indicum L.*

**Key Scientific References:**


10. Pine Bark extract

Botanical name: Pinus massoniana lamb

**Key Scientific References:**


11. Acetyl-L-Carnitine

Alternate names: Acetyl carnitine, acetyl-levocarnitine, ALCAR

**Key Scientific References:**


**12. Alpha-Lipoic Acid**

Alternate names: Thiocytic acid, ALA

**Key Scientific References:**


13. Coenzyme Q10

Alternate names: CoQ10, ubiquinone, ubiquidecarenone

**Key Scientific References:**


**14. Quercetin**

Alternate names: Meletin, quercetin dihydrate, sophretin

**Key Scientific References:**


15. Ginkgo Biloba Leaf Extract

Latin name: *Ginkgo biloba*

Common names: Maidenhair tree

**Key Scientific References:**


16. Peppermint Leaf

Latin name: *Mentha piperita*

Common names: Bo he, brandy mint, Chinese peppermint, corn mint, menthae, lamb mint, menta piperita, menthae piperitae aetheroleum, menthae piperitae folium, menthe, menthe poivree, mint, mint balm, paparaminta, western peppermint

**Key Scientific References:**


17. Ginger Root

Latin name: *Zingiber officinale*

Common names: African ginger, ardraka, black ginger, cochin ginger, gan jong, gingembre, imber, Indian ginger, Jamaica ginger, jiang, kankyo, kanshokyo, nagara, race ginger, rhizoma zingiberi, rhizoma zingiberis, rhizoma zingiberis recens, shen jiang, sheng jiang, shoga, shokyo, shunthi, srungavera, sunth, sunthi, vishvabhesha, zingiberis rhizoma, zingiberis siccatum rhizoma, zinzeberis, zinziber officinale, zinziber officinali

**Key Scientific References:**


18. **Caraway Seed extract**

Latin name: *Carum carvi*

Common names: Anis des vosges, apium carvi, carraway, carvi fructus, cumin des pres, haravi, jeera, jira, kala Jjra, karwiya, krishan jeeraka, krishnajiraka, kummel, kummich, roman cumin, persian cumin, semen cumini pratensis, semences de carvi, shahijra, shiajira, Wiesen-Feldkummel, wild cumin

**Key Scientific References for Caraway & Caraway/Peppermint Combination:**


