



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Defy the Elements *extra*

What Is It?

This extra protection formula is designed to provide protection from the chemical and physical factors that compromise and age the skin, including sun exposure and pollution. It also helps revive lack luster skin compromised by environmental elements and provides added antioxidant and photoprotective support to preserve skin function and to help diminish the general signs of aging.*

Uses For Defy the Elements *extra*

Photoprotective Antioxidant Support: Tetrahydrocurcuminoids (THC) are considered the ultimate metabolites of curcuminoids, the yellow phenolic compounds derived from turmeric. A series of comparative studies indicated that various curcuminoids neutralize free radicals but that THC had the strongest antioxidant capacity. As a powerful fat and water soluble antioxidant and immune system modulator, BioAstin® astaxanthin is patented for its photoprotective ability. Initial trials suggest that it may boost the skin's natural antioxidant defenses against sun-induced free radicals. In a human clinical evaluation, supplementation with BioAstin® astaxanthin for two weeks provided significant cutaneous antioxidant protection. It may also maintain healthy arachidonic acid metabolism in response to environmental stresses and promote immune defense. Furthermore, astaxanthin may influence the activity of a large group of enzymes known as transglutaminases, a family of proteins that promote protective cellular responses and tissue homeostasis. The least processed of all teas, white tea extract containing EGCG and other polyphenols provides remarkable antioxidant support. It also plays a role in the modulation of transcription factor and MMP activities to maintain healthy skin function and integrity. The stem bark of Crataeva nurvala, a tree prized in ayurvedic traditions, is a source of saponins, tannins, and the triterpene compound lupeol. Lupeol supports the replenishment of antioxidant enzymes, including catalase, glutathione peroxidase, glutathione reductase and glutathione S-transferase,

which are depleted by environmental toxins. It has also demonstrated the potential to maintain healthy immune activity at the cellular level.*

Detoxification: In addition to its antioxidant functions, white tea extract also provides cellular support, in part by enhancing liver detoxification enzymes and glutathione production. Milk thistle extract, providing bioflavonoids, and the concentrated broccoli extracts in CelluPhase, standardized for glucosinolates and sulforaphane, offer unique phytochemical support. They are included in this formula to enhance phase II liver antioxidant enzyme activity and detoxification for protection from chemically induced oxidative stress.*

What Is The Source?

This formula contains: Tetrahydrocurcumin standardized to contain 95% tetrahydrocurcuminoids; Astaxanthin naturally derived from Haematococcus microalgae; White tea extract (leaf) providing 80% polyphenols, 30% epigallocatechin gallate (EGCG) and 14% caffeine; Crataeva nurvala (Varuna) extract (bark) standardized to contain 1.5% lupeol; Milk thistle (Silybum marianum) extract (fruit) standardized to contain 80% silymarin; CelluPhase providing broccoli (Brassica oleracea italica) sprout concentrate (20:1) (whole plant) standardized to contain a minimum of 2,000 mcg sulforaphane; broccoli (Brassica oleracea italica/alba) extract (whole plant) standardized to contain 4% glucosinolates. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

BioAstin® is a registered trademark of Cyanotech Corporation. U.S. Patents 6,258,855; 6,344,210 and 6,433,025.

BroccoPhase™ and BroccoSinolate™ are trademarks of Cyvex Nutrition, Inc.

Tetrahydrocurcumin is protected by U.S. Patent 6,653,327.
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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

Recommendations

Pure Encapsulations recommends 1 capsule per day, with a meal.

Are There Any Potential Side Effects Or Precautions?

Rarely, turmeric may cause gastrointestinal irritation, dyspepsia, aggravation of peptic ulcer disease, nausea or diarrhea. It has been noted to cause gallbladder contraction and therefore may not be recommended for individuals with biliary obstruction. In certain sensitive individuals milk thistle may cause occasional gastrointestinal distress, itchy skin, or headache. Not to be taken by pregnant or lactating women.

Are There Any Potential Drug Interactions?

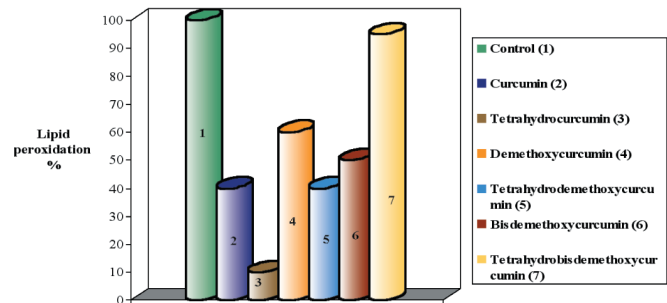
Turmeric may react with blood thinning medications. White tea extract may interfere with the absorption and effectiveness of certain heart, blood thinning, antidiarrheal, and cold or hay fever medications. Milk thistle can affect the way that the liver breaks down medications processed by cytochrome P450 enzymes. Consult your physician for more information.

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each vegetable capsule contains

tetrahydrocurcumin	100 mg.
(standardized to contain 95% tetrahydrocurcuminoids)	95 mg.
astaxanthin (naturally derived from haematococcus microalgae)	2 mg.
white tea (Camellia sinensis) extract (leaf)	100 mg.
providing:	
polyphenols 80%	80 mg.
epigallocatechin gallate (EGCG) 30%	30 mg.
caffeine 14%	14 mg.
varuna (Crataeva nurvala) extract (bark)	150 mg.
(standardized to contain 1.5% lupeol)	2 mg.
milk thistle (Silybum marianum) extract (fruit)	250 mg.
(standardized to contain 80% silymarin)	200 mg.
CelluPhase	100 mg.
providing:	
broccoli (Brassica oleracea italica) sprout concentrate (20:1) (whole plant)	83 mg.
(standardized to contain a minimum of 332 mcg. sulforaphane)	
broccoli (Brassica oleracea italica/alba) extract (whole plant)	17 mg.
(standardized to contain 4% glucosinolates)	0.7 mg.
vitamin C (as ascorbyl palmitate)	10 mg.
1 capsule per day, with a meal.	

Tetrahydrocurcumin Provides Powerful Antioxidant Protection



Tetrahydrocurcumin had the strongest antioxidant activity compared to various curcuminoids, minimizing percent lipid peroxidation in erythrocyte membrane.*