

There's a fire even  
he can't save you from ...

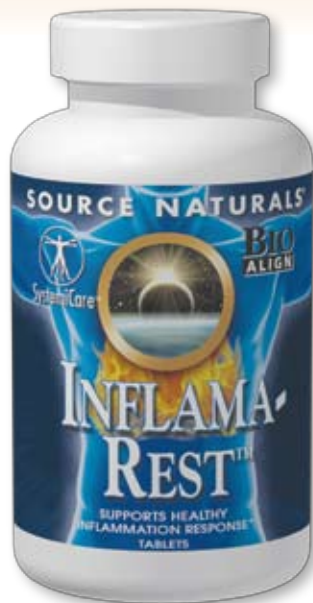
# INFLAMA-REST™

Supports Healthy  
Inflammation Response

Metabolic inflammation is the inner fire that affects three-fourths of the U.S. population, a staggering result of environmental toxins, junk food diets, and stressful modern life. It leads to altered body chemistry that may result in future health challenges.

INFLAMA-REST is a comprehensive Bio-Aligned™ formula, scientifically designed to address the biochemistry of metabolic inflammation. INFLAMA-REST includes nutrients, herbs and special ingredients that work together to block the inflammation messenger NF kappa-B, and to inhibit pro-inflammatory COX-2 enzymes.

Like the rest of Source Naturals' advanced Bio-Aligned formulations, INFLAMA-REST goes deep to the underlying causes of health challenges. It addresses five of the deep SystemiCare™ systems identified by Source Naturals as critical to optimal health: inflammation response, immunity, antioxidant defense, stress response, and cells/DNA.



Strategies for Wellness<sup>SM</sup>

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.

## **INFLAMA-REST™: Healthy Response to Metabolic Inflammation**

Classic inflammation has long been recognized as part of the body's innate healing process. Its symptoms—redness, heat, swelling, pain, and loss of function—are the body's natural response to attack by an outside force, such as a germ or cut. Our immune system uses inflammation to handle the problem and then shuts off when tissues heal.

Metabolic inflammation, on the other hand, is the body's natural response to lifestyle and environmental conditions that are unnatural to the body. Today, we are surrounded by chemicals unknown a generation ago. Toxic chemicals, junk food, nutrient-imbalanced diets, stress, and sedentary lifestyles, can alter our biochemistry. Our immune systems go into overdrive, in a cycle of chemical imbalances and suboptimal health. This metabolic inflammation affects a majority of the U.S. adult population.

Source Naturals INFLAMA-REST is a comprehensive Bio-Aligned™ formula that addresses metabolic inflammation on a deep cellular level. It helps to reduce inappropriate immune reaction by promoting a balanced response to the societal triggers of metabolic inflammation.

### **Inflammation Response: Inhibition of Chemical Messengers**

- **COX-2 Enzymes:** Prostaglandins are hormone-like substances that participate in a wide range of body functions; prostaglandin E2 (PGE2) is specifically involved with generating inflammation. The COX-2 enzyme converts the *omega-6* fatty acid arachidonic acid into PGE2, resulting in increased inflammation. By inhibiting the culprit COX-2, you can decrease prostaglandin E2 production to bring your cells and tissues back into a healthy and comfortable balance. INFLAMA-REST includes herbs that support COX-2 inhibition in a variety of pathways. Ginger, resveratrol, turmeric, green tea, holy basil, and Humulex™ hops extract support direct COX-2 inhibition. But there are other places in our biochemical communication system where COX-2 production can be blocked. Two additional factors leading to COX-2 production are nitric oxide and the enzyme that produces it, nitric oxide synthase (iNOS). Nitric oxide is a free radical associated

with cell growth and regeneration, blood vessel elasticity and COX-2 enzyme production. Resveratrol, rosemary, and turmeric support iNOS inhibition, thus inhibiting over-production of nitric oxide and the COX-2 enzyme.

- **Nuclear Factor kappa-B:** A related inflammation factor is also one of the latest scientific discoveries in cellular health—Nuclear Factor kappa-B (NF kappa-B). When activated, this factor controls the genes that regulate cell growth, differentiation and regeneration. And blocking this factor is also associated with inhibition of both COX-2 and iNOS enzymes. Resveratrol, stinging nettle, milk thistle, and Chinese skullcap all block NF-kappa-B activation in your body and thereby help support COX-2 inhibition.
- **Cytokine Inhibition:** Compounds called cytokines, or interleukins, can also stimulate biochemical pathways leading to inflammation. Cytokines are chemical messengers produced by the immune system to regulate defensive activity when they are stimulated. For example, cytokines are released by macrophages in response to stimuli such as tissue damage. This results in rapid escalation and amplification of cell number and response. Constant stress can shift this system out of balance, resulting in inflammation. Bringing these compounds back into balance can preserve your long-term health. INFLAMA-REST contains curcumin from the spice, turmeric. Curcumin assists the body's inhibition of cytokine activity to support healthy inflammation response. And Bioperine®, derived from black peppercorns, is added to assist curcumin assimilation.

### **Antioxidant Protection**

Antioxidants are selfless bodyguards of your cells. They donate their own electrons to stabilize free radicals in your body. Thus, antioxidants absorb the damage that would have been done to your tissues. Some regulatory chemicals, such as nitric oxide, are powerful free radicals and oxidants. Tissues, lipids, proteins, and DNA are extremely sensitive to oxidation. Quercetin, milk thistle, turmeric, ginger, rosemary, vitamin E, and resveratrol are all antioxidants that help modulate the activity of these compounds as well as protect cells and tissues.

## Stress Response

Inhibition of chemical messengers involved in inflammation is just part of a Bio-Aligned strategy. Research has shown that emotional stress, particularly long-term, can set in motion mechanisms that cause inflammation. Ashwagandha and Chinese skullcap are herbs that help modulate the body's response to stress. Boswellia, ginger, quercetin, milk thistle, feverfew, Oregon grape root, and bromelain (a pineapple enzyme) provide additional relief to cells and tissues. Nutrients are also vital. The tocotrienol forms of vitamin E, along with selenium, protect cell membranes from lipid-based free radicals. Magnesium aids energy metabolism in muscles and helps support muscle relaxation. Zinc is essential for cellular repair mechanisms, and for the growth and maintenance of connective tissue. And manganese works to protect cells from oxidation and to build healthy connective tissue.

## Cells/DNA

To reduce inflammation, you need to protect the DNA in your cells. DNA is the blueprint for all the molecules in the body. If your DNA is altered, needed molecules may not be produced. Curcumin, from turmeric, has been shown in in-vitro studies to protect DNA against strand breakage. Quercetin has also been shown to directly protect DNA against strand breakage and base oxidation from free radicals and damaging chemicals, according to recent in-vitro research.

## Lifestyle Tips: Reducing the Triggers of Inflammation

There are intelligent strategies you can follow to minimize the triggers of metabolic inflammation.

**Eat natural, organic foods:** The typical modern junk food diet is a virtual inflammation invitation. Americans eat 20 times more pro-inflammatory *omega-6* fatty acids than *omega-3s* from fish and other sources. Trans fats—"partially hydrogenated" oils found in processed foods—are unnatural compounds, which your immune system may perceive as foreign invaders, thereby upgrading the inflammation process. Saturated fats from animals contain high amounts of arachidonic acid, a source of pro-inflammatory biochemicals. Sugar and refined carbs contribute to excess body weight, which

may be stored around the midsection as visceral adipose tissue (VAT). VAT in turn secretes inflammatory chemicals called cytokines. Sugar and carbs also raise blood glucose, which in turn, spikes insulin levels. The extra glucose is converted to fat and the excess insulin signals this fat to be stored in fat cells. And excess glucose contributes to a process called glycation, binding with protein molecules and turning them into Advanced Glycation End products (AGEs). AGEs cause the body's immune detectors to go into overdrive and increase metabolic inflammation. In addition, many of our foods are laden with preservatives, pesticides, herbicides, and hormones; our crops are grown in depleted soil, giving us fewer minerals than needed for optimum health; and processed foods lack nutrients to keep inflammation in check.

**Exercise regularly:** Little or no exercise elevates the body's secretion of C-Reactive Protein (CRP), a marker of inflammation. Daily exercise, on the other hand, helps reduce weight, promote healthy blood flow, and increase insulin efficiency, all very important in controlling inflammation triggers.

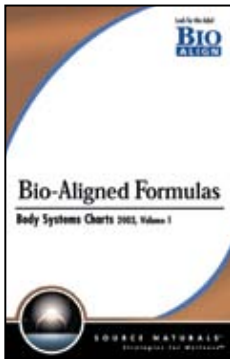
**Practice stress reduction:** Daily stress increases the pro-inflammatory hormone, cortisol. Many people reduce stress by exercise, yoga, deep breathing, and balancing life between work, play, and family.

**Take supplements:** Source Naturals produces an array of nutritional and herbal products that can supplement INFLAMA-REST in a program for healthy inflammation response. Especially helpful are our potent Whole-Body™ Systemic Enzymes—which go beyond digestion to protect the entire body—and our ARCTICPURE™ premium fish oils, which can help restore dietary balance between omega-3s and omega-6s.

**A Wellness Revolution in Nutritional Health** Source Naturals is devoted to providing the highest quality products designed to supplement a healthy lifestyle. We are pleased to partner with your health food retailer in offering you INFLAMA-REST: a comprehensive, scientifically designed formula to deal with the health crisis of metabolic inflammation.

**INFLAMA-REST™ is a Bio-Aligned Formula™**  
**Multi-System Support for Metabolic Inflammation**

<b>Inflammation &amp; Immunity:</b> COX-2 Enzymes	Boswellia, Chinese Skullcap, Ginger, Green Tea, Holy Basil, Hops, Resveratrol, Silymarin, Turmeric, White Willow
<b>Inflammation &amp; Immunity:</b> Cytokines	Feverfew, Stinging Nettle, Turmeric
<b>Inflammation &amp; Immunity:</b> Nitric Oxide	Green Tea, Quercetin, Resveratrol, Rosemary, Turmeric, Chinese Skullcap
<b>Inflammation &amp; Immunity:</b> NF-kappa B	Chinese Skullcap, Resveratrol, Rosemary, Silymarin, Stinging Nettle
<b>Antioxidant Defense</b>	Ginger, Resveratrol, Rosemary, Silymarin, Turmeric, Manganese, Selenium, Zinc, Tocotrienols
<b>Stress Response</b>	Ashwagandha, Chinese Skullcap, Feverfew, Holy Basil, Hops, Nattokinase, Oregon Grape Root, White Willow Bark, Magnesium, Vitamin D-3
<b>Cells/DNA</b>	Quercetin, Resveratrol, Rosemary, Turmeric, Manganese, Zinc, Tocotrienols



**References:**

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*Strategies for Wellness™*

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To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, [www.sourcenaturals.com](http://www.sourcenaturals.com), or look for the Bio-Aligned Chart Book at participating health food stores.



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