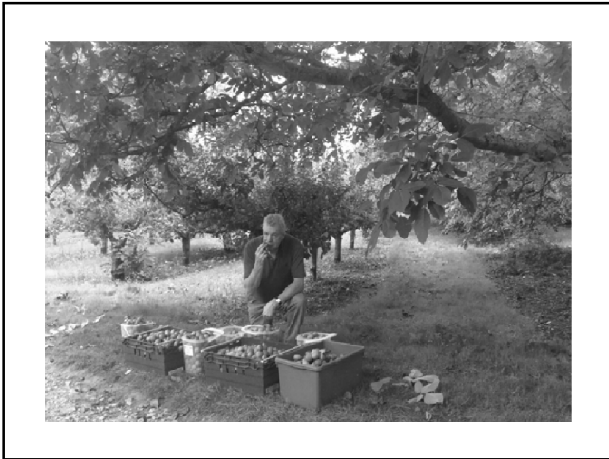


Starter Kit

**Toxic Metals
Chemicals
Radiation**

- Black walnut tincture**
- 1. Detoxification**
 - 2. Source of Iodine – Thyroid, estrogens and immune system**
 - 3. Anti parasitic**





Coriander Leaf Capsule
1. Detoxification

Coriander Spice Capsule
1. Detoxification
2. Antioxidant
3. Food preserver
4. Food flavouring
5. Insoluble fibre for the gut

Lemon Balm capsule

- 1. GREEN's favourite**
- 2. Detoxifies alpha solanene**
- 3. Memory enhancer – enhances ACh synthesis**

Yarrow capsules

- 1. Detoxifies Toxic metals, Chemicals and Radiation**

N. Acetylcysteine (NAC) capsules

May activate detoxification via -

- 1. Glutathione**
- 2. Acetylation**
- 3. Sulfation**
- 4. Cysteine**

Also a powerful mucolytic

**Diagnostic markers – BACTERIA
VIRUS**

**Echinacea tincture
Ginger capsule
Ginger tincture
Ionic Silver (Aqueous solution)**

**Ionic Silver (Aqueous solution)
10-16ppm silver made by
electrolysis from pure silver plate.
Traditional antimicrobial**

**Inhibits catalase and stimulates
myeloperoxidase to produce
hypochlorites for the non specific
immune system to kill gram+
bacteria.**

Diagnostic markers - FUNGUS

**Coconut capsule
Mid chain fatty acids
Pau D'arco tincture
Brazilian anti fungal
Smart Zinc
Smart Probiotic**

Diagnostic markers – PARASITE

- Protozoa - single cell**
- Sporozoa – multi cell**
- Nematode – round worms**
- Trematode – flat worms**
- Cestode – hollow worms**

AP Formula

- Wormwood**
- Thyme**
- Garlic**
- Horseradish**
- Cayenne**
- Wormwood**
- Wormwood Combination**
 - Wormwood, Black walnut leaf,**
 - Quassia, Cloves, Male fern.**

Composites

Water soluble Vitamins

- Contains Vitamin B1**
 - Vitamin B2 (R-5-P)**
 - Niacinamide**
 - Vitamin B5**
 - Vitamin B6 Pyridoxine**
 - Folic acid**
 - Hydroxycobalamin**
 - Choline**
 - Vitamin C products**

Composites

Co-Enzymes

Contains
Thiamine pyrophosphate
Riboflavin-5-phosphate
NAD, NADH,
NADP, NADPH
Pyridoxal-5-phosphate
Folinic acid, CH₂H₄ Folate
5MTHF, H₄Biopterin
Adenosylcobalamin
Methylcobalamin
Biotin
Alpha-Lipoic acid
CoQ10
Vitamin C

Composites

Minerals

Contains
Calcium
Iodides
Iron
Magnesium
Manganese
Potassium
Selenium
Zinc

Composites

Unsaturated Fatty Acids

Contains
LA
GLA
AA
ALA
EPA
DHA

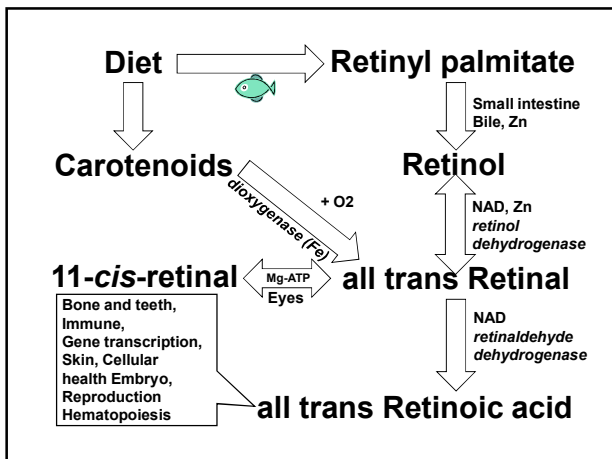
**Composites
Probiotics**

- L. Acidophilus**
- L. Bulgaricus**
- L. Casei**
- L. Plantarium**
- L. Rhamnosus**
- B. Bifidus**
- S. Thermophilus**

Smart Vitamin A

This is Retinyl palmitate with organic Black cumin seed oil.

**This provides all the activated forms of Vitamin A - Retinol
Retinal
Retinoic acid**



Vitamin B1 (Thiamine)
Converts Pyruvate to Acetyl CoA –
for Energy production
Acetylcholine synthesis
Detoxification

In synthesis of DNA and RNA
(pentose phosphate pathway)

Vitamin B3 (Niacinamide)
Energy production
Hormone synthesis
Neurotransmitter synthesis
Immune system
DNA / RNA synthesis

Vitamin B5 (Pantothenic acid)
Acetyl CoA
Energy production
Acetylcholine synthesis
Cartilage synthesis
Detoxification

Vitamin B6 (Pyridoxine)
Hormone synthesis and metabolism
Neurotransmitter synthesis
Recycling of protein – Krebs cycle
(mouth and other ulcers)
Hydrochloric acid production
Detoxification – Glutathione
Skin and Nails – dry and flaking

Folic acid
Cellular regeneration - DNA / RNA
Receding gums

Anaemia

Birth defects - spina bifida
Homocysteine - recycles

Vitamin B12 (Hydroxycobalamin)
Maturation of red cells
Oxygenation
Recycling of Homocysteine

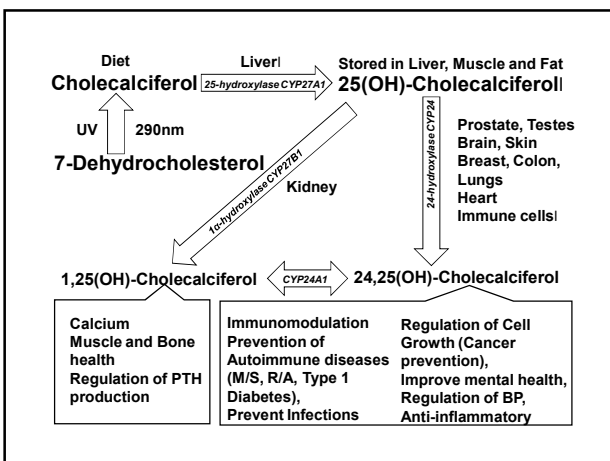
Choline
Phosphatidylcholine –
cell membranes
Memory - Acetylcholine

Vitamin C (Ascorbic acid)
Function
Collagen synthesis
Synthesis of Noradrenalin
Bile acid formation
Adrenal cortex
Absorption of iron
Antioxidant

Smart C Complex
Ascorbic acid
Alpha Lipoic acid
Reishi mushroom
Shitakii mushroom } **tyrosinase**
Beetroot
Rutin – pink toothbrush
Hesperadin

**Vitamin D
(Cholecalciferol)**

Vitamin D Products
SMART Vitamin D3
Liquid Vitamin D in a base of
Organic Black cumin seed oil
30ml dropper bottles.
Each drop delivers 1000IU
(25mcg) Vitamin D3.



Smart Vitamin E

- Organic Wheat germ oil
- Organic Pistachio nut oil
- Organic Sesame seed oil

Organic Wheatgerm Oil

- One of highest sources of Vitamin E - 150mg per 100g
- Tocopherols and tocotrienols
- Combination of enzymes, catalysts, plant compounds, minerals
- Synergy of natural components
- Optimal Vitamin E complex

Organic Pistachio Oil

- Excellent source of Vitamin E, 20mg per 100g
- Especially high in gamma tocopherol
- Contains polyphenol which have excellent anti-oxidant capability

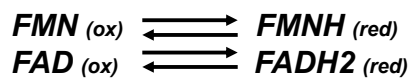
Organic Sesame seed oil

- Sesamin – lignan compound
- Inhibits tocopherol-alpha-hydroxylation
- Causes a relative increase of Vitamin E in the body
- Gamma tocopherol and gamma tocotrienols

Thiamine pyrophosphate
Energy production
RNA / DNA

Riboflavin-5-phosphate (FMN)
Energy production –
Krebs cycle
Electron transport

oxido-reductase enzyme



**Nicotinamide Adenine
Dinucleotide (NAD)
Nicotinamide Adenine
Dinucleotide Reduced (NADH)
Energy production –
 Krebs cycle
 Electron transport**

oxido-reductase enzyme
NAD \rightleftharpoons NADH

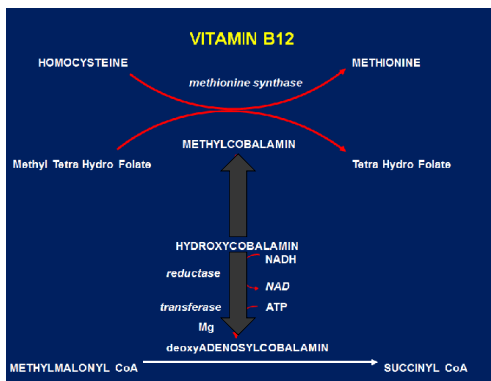
**Nicotinamide Adenine
Dinucleotide Phosphate (NADP)
Nicotinamide Adenine
Dinucleotide Phosphate
Reduced (NADPH)
 RNA / DNA synthesis
 Immune system
 Detoxification (CYP450)**

oxido-reductase enzyme
NADP \rightleftharpoons NADPH

**Pyridoxal-5-pyrophosphate
Hormone synthesis
Neurotransmitter synthesis
Recycling of amino acids – Krebs
Ulcers
Hydrochloric acid
Skin and nails**

Folinic acid (Methenyl H4Folate)
CH2H4Folate (Methylene Tetra Hydro Folate)
5MTHF (5, Methyl Tetra Hydro Folate)
H4Biotin (Tetra Hydro Biotin)

RNA / DNA synthesis
Receding gums
Anaemia
Homocysteine
Birth defects



Adenosylcobalamin
Maturation of red cells -
Oxygenation
Macrocytic Anaemia

Burns Propionic acid (C3) in
Krebs cycle

Methylcobalamin
Recycles Homocysteine
Methylation defects –
Detoxification - caffeine
Hormone metabolism
Neurotransmitter metabolism
Caps on genes

Biotin
Metabolism of Ammonia
Energy pathway
Synthesis of fatty acids

α-Lipoic Acid
Energy production –
 Pyruvate to AcetylCoA
 Beta oxidation
Glucose metabolism
Detoxifier of toxic metals

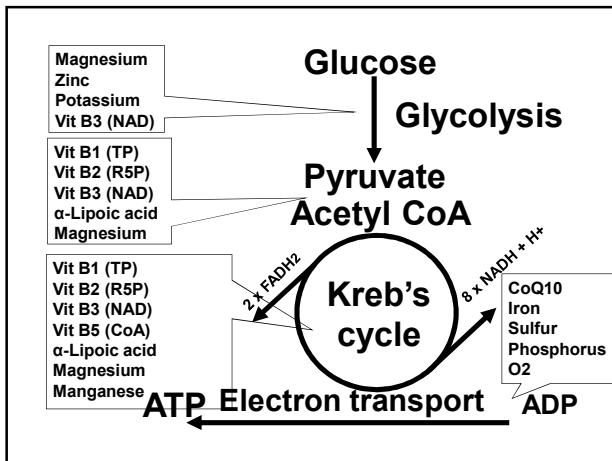
Co-enzyme Q10 (CoQ10)
Ubiquinone \longleftrightarrow Ubiquinol
(Mitochondria) (Antioxidant)

Low energy (carries electrons
from Complex 1 and II to Complex
III).

Inhibited by statins

B Complex

Thiamine 6mg
Riboflavin-5-phosphate 1.8mg
Niacinamide 33mg
Pantothenic acid 11mg
Pyridoxal-5-phosphate 12mg
Folic acid 448mcg
Adenosylcobalamin 56mcg
Methylcobalamin 56mcg
Choline
Inositol
Biotin 56mcg
ATP
Magnesium (citrate) 9mg
Zinc (ascorbate / citrate / picolinate)



Smart BLUE Complex
 Vitamin B1 (Thiamine + Magnesium)
 Vitamin B4 (Adenine from yeast)
 Vitamin B5 (Pantothenic acid)
 Vitamin B12 (Hydroxycobalamin)
 Boron
 Magnesium
 Selenium
 Sulphur
 Zinc

Smart GREEN Complex
 Vitamin B2 (Riboflavin)
 Vitamin B3 (Nicotinic acid)
 Vitamin B6 (P5P)
 Folic acid
 Choline, Inositol, Biotin
 Boron
 Copper
 Selenium, Silica
 Zinc
 Lecithin

Smart RED Complex
Vitamin B2 (Riboflavin)
Vitamin B3 (Nicotinic acid)
Vitamin B6 (P5P)
Folic acid
Vitamin B12 (Methylcobalamin)
Inositol and Choline
Vitamin C complex (containing Beetroot)
Iodine or Iodides
Magnesium, Manganese, Molybdenum
Selenium, Silica,
Zinc

Smart Calcium
Calcium citrate
Calcium lactate
Arrowroot

Building bones, teeth and nails.
Neuromuscular contraction.

Smart Iodide
Smart Iodide – Magnesium iodide
Potassium iodide
Sea vegetable
Nettle leaf



Iodine

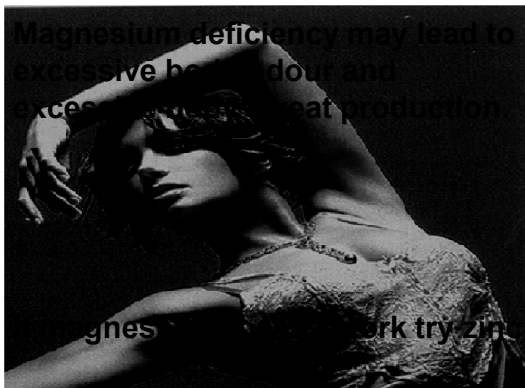
- 1. Synthesises Thyroxin (T4) and conversion of T4 to T3**
- 2. Hypiodide in the immune system**
- 3. Balances Estradiol / Estrone ratios**

**Iron Liquid
Iron chloride
Iron sulphate**

**Hemoglobin production
Microcytic anaemia
All heme enzymes
Hair - transferritin**

**Smart Magnesium
Magnesium ascorbate
Magnesium citrate
Buckwheat**

Smart Magnesium
90% of enzymes use magnesium as a co-factor.
Regulates synthesis of CHO and energy
Heme production
RNA and DNA
Co-enzyme synthesis
Phospholipids
Heart and muscle contraction



Manganese citrate
Strengthens collagen – slipped tendon disease in chickens, trigger finger, intervertebral discs.
Krebs cycle co-factor.

Smart Potassium
Potassium sulfate
Potassium chloride
Alfalfa

Hypertension
Diuretic
Heart rhythms

Selenium liquid
Sodium selenate

**Glutathione peroxidase for
detoxification.**
Conversion of T4 to T3
Methionine sulphoxide
Inhibits viral replication

Smart Zinc caps
Zinc ascorbate
Zinc citrate
Zinc picolinate
Celery seed

**Total body amount 1.4-2.0gm.
Highest amounts are contained
in the placenta, choroid of the eye
and prostate followed by the liver,
kidney, muscle, heart, pancreas,
spleen, testes and brain.
100 zinc metalloenzymes carrying
out reactions in the cells
essential for growth, repair,
development and health.**

***DNA polymerase* is found in all
cells and is involved with the
initiation of DNA synthesis.
This zinc dependant enzyme is
critical for cellular growth,
development and repair.
Zinc deficiency results in a
decrease in DNA and RNA
synthesis and repair.**

Zinc and taste

**Gustin is the major protein found
in parotid saliva and contains zinc.**

**People with taste and smell
dysfunction have a decreased
level of zinc in parotid saliva and
have a poor appetite.**

Epigenetics Plant Oils

- Cold pressed organic oils
- Not been chemically processed
- Steeped in watercress – enzyme phospholipase A & selenium
- Miron glass

Unsaturated Fatty Acids

GLA rich oils –

Borage

Evening primrose

Female hormones

Skin

Anti inflammatory > PgE1

Unsaturated Fatty Acids

Omega 3 rich oils –

Flax seed (60%)

Pumpkin seed (10%)

Walnut (10%)

Super Omega 3 (55%)

Blood thinning

Anti inflammatory > PgE3

Brain phospholipid

Unsaturated Fatty Acids
Wheat germ oil
One of highest sources of Vitamin E - 150mg per 100g
Tocopherols and tocotrienols
Combination of enzymes, catalysts, plant compounds, minerals
Synergy of natural components
Optimal Vitamin E complex

Smart Thinking Oil

- **Combination of Pumpkin seed oil and Rapeseed oil, Vitamin E**
- **Rapeseed oil – unrefined, organic, cold pressed, GM free**
- **Ratio 3:1**
- **Lloyd Horrocks study at Ohio State University into rapeseed oil and production of DHA**

Smart Thinking Oil

- **Rapeseed oil rich source of Omega 3**
- **Pumpkin seed – enzymatic activity to encourage conversion DPA to DHA – delta 4 desaturase**
- **Stimulating conversion of Omega 3 to DHA**
- **“Smart” principle**

Wonder Oil
Proprietary blend of
Organic Peanut oil
Organic Sesame seed oil
Steeped in organic Watercress
for phospholipase enzyme to
cleave out oxidised unsaturated
fatty acids in the cell
membranes.

Blue Wonder Oil
Proprietary blend of
Flax seed oil
Pumpkin seed oil
Walnut oil

Green Wonder Oil
Proprietary blend of
Grapeseed oil
Hazelnut oil
Peanut oil
Sesame seed oil

Red Wonder Oil
Proprietary blend of
Flax seed oil
Hemp seed oil
Olive oil
Pumpkin seed oil

Smart Probiotic all powders
Lactobacillus Acidophilus
Lactobacillus Rhamnosus
Lactobacillus Casei
Lactobacillus Bulgaricus
Lactobacillus Plantarium
Streptococcus Thermophilus
Bifidobacterium Bifidus

Smart Adrenal
Bovine tissue extract.
Adrenal exhaustion.
Rich source of Cardiolipin.

Smart AH
Anti Histamine
Proprietary blend of
Ascorbic acid
Hesperadin
Paprika
Thiamine

Smart Homocysteine
Riboflavin-5-phosphate
Niacinamide
Pyridoxal-5-phosphate
Folic acid + Zinc
Methylcobalamin
Choline
Beetroot
Vitamin C Complex

Bone Formula
Boron
Calcium citrate
Magnesium citrate
Manganese
Selenium
Silica
Pyridoxal-5-phosphate
Methylcobalamin
Vitamin C

**Smart Turmeric caps -
Organic Turmeric containing
Curcuminoids and Turmerones
whose absorption is enhanced by
freshly ground Organic Black
Cumin Seed**

**Antioxidant
Neurogenesis
Protection at Complex IV**

Energy Markers

**Mg-ADP (Adenosine diphosphate)
weakens in the clear.**

**Mg-ATP (Adenosine triphosphate)
strengthens from weakness.**

**Oxygen (O2)
strengthening from weakness**

Energy Markers

**Mg-ADP (Adenosine diphosphate)
weakens in the clear.**

Test for:

- B Complex**
- Smart Magnesium**
- Alpha lipoic acid**
- CoQ10**
- Oils**

Energy Markers

Oxygen deficiency

Test for:

- Iron**
- Vitamin B12**
- Adenosylcobalamin**
- Smart Magnesium**
- Smart Zinc**
- Vitamin C & Smart C Complex**

Energy Markers

Oxygen deficiency

Test for:

- Biotin**
- Pyridoxal-5-Phosphate**
- CH₂H₄folate**
- H₄biopterin**

Diagnostic Markers

Ethane weakens in the clear when deficient in unsaturated fatty acids such as Omega 3. Test for oils.

Malondialdehyde weakens in the clear when oxidised unsaturated fatty acids in excess.

Test for: Oils

- Smart Vitamin E**
- Smart C Complex**
- Smart Turmeric**

Diagnostic Markers

Homocysteine weakens in the clear when high levels of homocysteine present. Strengthens when levels are low.

Test for: Smart Homocysteine formula
Folic Acid & co-enzymes
Methylcobalamin
Pyridoxal-5-Phosphate
Riboflavin-5-Phosphate
Smart Zinc

Diagnostic Markers

Homocysteine weakens in the clear when high levels of homocysteine present. Strengthens when levels are low.

Test for: Niacinamide capsule
Smart Vitamin C

Food Diagnostic Markers

Alpha Solanine - from strength to weakness. Deadly nightshade foods.

Gluten – from strength to weakness indicates sensitivity.

Casein – from strength to weakness indicates sensitivity.

Lactose – from strength to weakness indicates sensitivity.

Food Diagnostic Markers
Tyramine – from strength to weakness indicates sensitivity.
Monosodium glutamate (MSG) from strength to weakness indicates sensitivity.
Aspartame from strength to weakness indicates sensitivity.

Tyramine
Fermented, smoked, aged foods
Such as:
Cheese, avocados, bananas, processed meats, yeast products
beer and wine, chocolate, sauerkraut, fermented soy products

Tyramine
Metabolised by monoamine oxidase enzyme.
Test for:
Riboflavin-5-phosphate
Smart Magnesium
Smart Zinc
Pyridoxal-5-phosphate

Aspartame
Artificial sweetener
Approx 6,000 foods & beverages
Such as:
Fizzy and soft drinks, some
juices, breakfast cereals, frozen
deserts, gelatin deserts, vitamin
supplements
Test for:
NAC, Lemon balm

Mono Sodium Glutamate (MSG)
Savoury flavour enhancer in
packaged foods.
Such as: salad dressings,
gravies, crisps & snacks. Soups,
broths, stocks, frozen meals,
frozen pizzas, instant noodles,
ketchup, sausages
Test for:
NAC, Lemon balm
