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## GENESIS™

Comprised of three primary components: PhytoPure™, X'tranol-24™, and our Genesis™ Herbal Blend

### **X'tranol-24™**

X'tranol-24 is a triple-patented formula that delivers ALL the benefits of red wine without the alcohol, plus 24 hour continuous primary antioxidant protection of enteric-coated Glutathione and SOD to ensure optimal health and wellbeing.

#### **RESVERATROL**

1

More than 50,000 studies focus on Resveratrol — found in the skin and seeds of the grape — which is included in red wines. Resveratrol has been featured on every major TV news and talk show from 60 Minutes to Oprah — and virtually every major magazine from Forbes to Readers' Digest. Scientists suggest that Resveratrol enhances health by activating the SIRT1 gene to revitalize the energy-producing mitochondria in our cells. They say that this process may even extend life by fighting diseases of aging, such as diabetes, obesity, cancer and heart disease. Every ounce of GENESIS contains the same amount of Resveratrol in 9 ½ bottles of Californian Cabernet Sauvignon.

#### **GLUTATHIONE**

2

Glutathione importance as an essential antioxidant is indisputable. More than 80,000 scientific articles on glutathione are listed over the web. Glutathione is a major antioxidant and has a critical role in protecting cells from oxidative stress and maintaining the immune system. It is known to be the a master anti-oxidant of the body that aids in free-radical scavenging, immune boosting and detoxification of the body. Throughout the stages of aging, cells begin to lose their ability to repair themselves and produce strong antioxidants. Glutathione can help repair damaged cells caused by stress, radiation, pollution, infection and a host of other ailments.

### ELLAGIC ACID

3 One study in a journal, Clinical Nutrition showed clearing of plaque from the carotid artery after 3 years of supplementation with pomegranate juice which contains Ellagic Acid. This miracle molecules may help the liver to break down or remove some cancer-causing substance from the blood and may prevent or treat cancers in humans. Ellagic Acid has also shown to reduce heart disease, birth defects, liver problems and promote wound healing. It also acts as an antioxidant and has been found to cause apoptosis (cell death) in cancer cells in the lab.

### SUPER-ORAC MELON SOD

4 The enzyme, SuperOxide Dismutase (SOD) is a primary antioxidant in the defense in all cells exposed to oxygen. SOD has been used to treat arthristis and other joints disorders. It helps prevent side effects on cancer treatment, prostate problems, Peyronie’s disease, amyotrophic lateral sclerosis (ALS), prevent injury to transplant organs during surgery and to prevent lung problems in premature infants. The Super-ORAC melon SOD supplementation has positive effects on perceived stress and quality of life(physical & cognitive performance). This Super-ORAC melon extract can be used as a physical & cognitive tonic for old and healthy people.

### GRAPE

5 Studies now focus on the significant health benefits linked with fresh grapes and grape compounds, and their ability to slow the build up of deposits in arteries as well as deter common, age-related diseases. Some are calling the resveratrol found in this sweet-tasting fruit “the miracle of our time.”

#### **Benefits:**

- Helps prevent different types of cancer, heart disease, degenerative nerve disease & other ailments
- Support immune function, weight loss, prostate, cardiovascular, respiratory, uterine & gastrointestinal health
- Strengthen blood vessels, improve blood circulation & lower cholesterol levels

### POMEGRANATE

6 Cancer researchers are optimistic about the future studies on Pomegranate as the primary source of ellagitins. Pomegranate is one of the earliest cultivated fruits, dating back to 3000BC. They have now become the new“superfood”.

#### **Benefits:**

- Boost DNA health, protects against cancer, heart disease, & other age-related diseases
- May support healthy skin, prostate & immune function

## ALOE VERA

Aloe Vera is known to have medicinal properties, often referred to as “a pharmacy in a plant”; traditionally, it is used externally to relieve skin discomforts and damage, and internally as a laxative. Aloe is also used orally to aid in a number of conditions such as diabetes, asthma, epilepsy and osteoarthritis.

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### **Benefits:**

- Soothe skin, ease pain, reduce inflammation & helps speed up the healing recovery process
- May support healthy skin, prostate & immune function

Note: The outer leaf of the aloe plant contains phytochemicals that are often purgative in nature. While these ingredients are valuable in detoxification, pregnant & lactating women should avoid them. For this reason, Symmetry uses only the inner gel in obtaining the aloe juice, which has no purgative properties.

## APPLE

Like most other fruits, apples contain Vitamin C and a host of other antioxidant compounds, and the fiber in the fruit helps keep the bowel healthy. It's a good idea to eat apples with their skin as almost half the Vitamin C content is underneath the skin.

8

### **Benefits:**

- Can reduce the risk of certain cancers, heart disease & high cholesterol
- Could protect the body from diseases such as Alzheimer's & Parkinsonism
- Can help GI, kidney & joint function, gall bladder, weight loss & healthy teeth

## HERBAL BLEND

Genesis™ is infused with the world's most potent herbs in a process where they are steeped without heat in the juice blend; this coaxes maximum benefits from the botanicals without damaging the delicate, active ingredients.

## BARLEY GRASS

Barley Grass is the only vegetation on the earth that can supply sole nutritional support from birth to old age, and dates back to 7000 BC when Roman gladiators ate barley for strength and stamina. It's the closest thing to the “perfect food” on this planet.

9

### **Benefits:**

- Controls stomach disorders & pancreatitis
- Reduces cholesterol levels
- May support GI & urinary tract health, & detoxification

10

## CORIANDER

Coriander, commonly called cilantro, has been used as a folk medicine for the relief of anxiety and insomnia, and its essential oil has been demonstrated to exhibit antibacterial action against E. Coli.

**Benefits:**

- Sustain liver & gall bladder
- Leaf can support gastrointestinal health & seed can support blood sugar regulation

**CINNAMON**

Cinnamon once had a reputation as a treatment for colds, coughs, hoarseness, sore throats, toothaches, bad breath, and has been used to treat digestive problems such as diarrhea. Cinnamon has also been reported to have remarkable pharmacological effects in the treatment of Type II Diabetes.

11

**Benefits:**

- May help control blood sugar levels, joint health & menstrual regularity
- Can provide relief from common colds, coughs & digestive problems

**CUCUMBER**

Although cucumbers are less nutritious than most fruit, the fresh cucumber is still a very good health source and provides some dietary fiber

12

**Benefits:**

- Can be used for skin problems (cools & cleanses)
- Helps to control/heal heartburn, gout, eczema & arthritis

**FIG**

The fig has been cultivated for thousands of years and offers a powerhouse of nutrition. Figs have the highest overall mineral content of all common fruits; a 1/4-cup (40g) serving provides 244mg of potassium (7% Daily Value), 53mg of calcium (6% DV) and 1.2 mg of iron (6% DV).

13

**Benefits:**

- May support cardiovascular health including lipids.
- Can be used as a mild laxative & sustain gastrointestinal function

**GARLIC**

Garlic has long been deemed as the “wonder drug” as it was used for helping everything from the common colds to the plague. It’s used extensively as herbal medicine either in supplemental form or raw. When crushed or finely chopped, it yields allicin, a powerful antibiotic and anti-fungal compound (phytoncide), which can result in more medicinal value.

14

**Benefits:**

- Can be used to treat intestinal worms
- Can combat bacteria, support normal blood pressure, cholesterol, cardiovascular system & the liver

#### JUNIPER BERRY

The Juniper berry is used for indigestion and digestive disorders such as belching, heartburn and bloating as well as menstrual problems and diabetes.

15

##### **Benefits:**

- Useful aid for kidney stones & urinary infections
- Good for gastrointestinal health, muscle function & lower blood pressure

#### LEEK

Leeks are generally considered to have a finer flavor than the common onion, but must be consumed in larger quantities for similar, positive effects of onions.

16

##### **Benefits:**

- Can improve the immune system, lower bad cholesterol levels & fight cancer
- May support blood vessel health

#### LENTIL

Lentils are used to prepare nutritious soup in many parts of the world; they possess very similar nutritional and health benefits of common beans. With 25% protein, it is the vegetable with the highest level of protein other than soybeans – a very important part of the diet.

17

##### **Benefits:**

- Helps support normal cholesterol levels & managing blood sugar disorders
- May support bowel regularity, the liver & GI function

#### MULBERRY FRUIT

The mulberry fruit is classified as a blood tonic. Traditionally, mulberry fruit has been utilized as a medicinal agent to nourish blood and kidneys, treat weakness, fatigue, anemia and premature gray hair.

18

##### **Benefits:**

- Can be used for kidney function, sexual health, urinary health & blood pressure
- May treat fatigue, dizziness, anemia & constipation

#### OLIVE LEAF

19 Olive leaves have been used for centuries to relieve certain sicknesses such as malaria. Natural compounds derived from the olive leaf with over 95 different ingredients, offer potential medicinal effects for a range of common ailments.

##### **Benefits:**

- Can lower blood pressure, healthy cholesterol levels, reduce fats & blood sugar
- Combats pathogens to improve immune function

#### ONION

20 Onions were one of the earliest and most important crops during the Middle Ages. Athletes in Greece ate large quantities of onions because it would lighten the balance of blood, and doctors were known to prescribe onions for headaches, snakebites and hair loss. Onions appear to be somewhat effective against colds, heart disease, diabetes, osteoporosis and other diseases.

##### **Benefits:**

- Can improve lung function & stimulate the immune system
- May support blood vessel health & inhibit tumor growth

#### SWEET ALMOND

21 During the early 20th century, the oil from the kernel of the sweet almond was used internally in medicine. The nut of the tree has also been used as a preventative for alcohol intoxication.

##### **Benefits:**

- May support healthy blood fat levels & cardiovascular health
- Nutritive for the brain, nervous system & vision

#### WHEAT GRASS

22 Wheatgrass has been linked to helping with blood flow, digestion and general detoxification of the body. It is alleged that over 5000 years ago, ancient Egyptians prized the wheat grass for their positive effect on their health and vitality.

##### **Benefits:**

- May support vision health, cardiovascular function, & immune stimulation & defense
- Helps neutralize acids & toxins while cleansing the blood, increasing energy & stimulating metabolism

**X'tranol-24™**