



BIOGENESIS
 NUTRACEUTICALS, INC.



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BioInflammatory Plus Capsules

Serving Size 4 capsules
Servings Per Container 30

Amount Per Serving	
Niacin (niacinamide)	350 mg
L-glutamine	1000 mg
MSM (methyl sulfonyl methane)	1000 mg
Quercetin (dehydrate)	300 mg
Boswellia serrata gum extract (Boswellia serrata, 65%)	200 mg
Bromelain	200 mg
Turmeric root (Curcuma longa)	150 mg
Ginger root (Zingiber officinalis)	150 mg
N-acetyl L-cysteine	100 mg

OTHER INGREDIENTS: Cellulose, silica.

SUGGESTED USE: As a dietary supplement, take 4 capsules one to three times per day or as directed by your healthcare professional.

REFERENCES:

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- Young HY, et al. Synergistic effect of ginger and nifedipine on human platelet aggregation: a study in hypertensive patients and normal volunteers. *Am J Chin Med.* 2006; 34(4): 545 - 51
- Yim CY, Hibb JB Jr, McGregor JR, Galinsky RE, Samlowski WE. Use of N-acetyl cysteine to increase intracellular glutathione during the induction of antitumor responses by IL-2. *J Immunol.* 1994;152:5796-5805.
- Taraye JP, Laouressergues H. Advantages of a combination of proteolytic enzymes, flavonoids and ascorbic acid in comparison with non-steroidal inflammatory agents. *Arzneim Forsch* 27(1):1144-49, 1977.
- Shah Bh, et al. Inhibitory effect of curcumin, a food spice from turmeric, on platelet-activating factor- and arachidonic acid-mediated platelet aggregation through inhibition of thromboxane formation and Ca2+ signaling. *Biochem Pharmacol.* 1999;52:223-7

*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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BIOINFLAMMATORY PLUS CAPSULES

COMPREHENSIVE SUPPORT FOR INFLAMMATORY CONDITIONS

IN ADDITION TO OUR BIOINFLAMMATORY PLUS FUNCTIONAL FOOD POWDER, BIOGENESIS OFFERS BIOINFLAMMATORY PLUS CAPSULES. These capsules can be used when a more intense anti-inflammatory treatment is desired. There is a limit to the amount of support nutrients that can be included in a powdered beverage and still produce a palatable product that patients will consume. We have overcome this objection by producing a complementary product: BioInflammatory Plus capsules. Here only the specialty nutrients are included. This allows you to “beef up” your anti-inflammatory program. This will assist in more effective neutralization and removal of free radical inflammatory agents, metabolic waste products, heavy metals, solvents, and any number of chemical toxins. *IF AN INCREASED ANTI-INFLAMMATORY ACTION IS DESIRED, USE BIOINFLAMMATORY PLUS CAPSULES ALONG WITH BIOINFLAMMATORY PLUS FUNCTIONAL FOOD POWDER AND THE BIOINFLAMMATORY PLUS DIET.*

Another reason for using BioInflammatory Plus capsules is for patients who simply do not wish to use a food powder. In this situation, we recommend that BioInflammatory Plus capsules be taken along with Ultra Genesis multivitamin/mineral (iron free) capsules and the BioInflammatory Plus diet. This method provides all the anti-inflammatory ingredients without the balanced caloric benefit of the BioInflammatory Plus functional food powder. This may be a good option for patients who are traveling, when carrying a food container is not practical. Either way, your patients can benefit from the BioInflammatory Plus program provided in a convenient manner.

BioInflammatory Plus Powder

Serving Size 2 scoops (55.3 g, 6.5 tbs)
Servings Per Container 14

Amount Per Serving	
Calories	180
Calories from fat	22
Total fat	5 g
Sodium	45 mg
Total carbohydrate	21 g
Dietary fiber	6 g
Sugars	6 g
Protein	15 g
Vitamin A (betatene mixed carotenoids, palmitate)	5000 IU
Vitamin C (sodium ascorbate)	180 mg
Calcium (glycinate, rice protein)	300 mg
Iron (rice protein)	1 mg
Vitamin D3 (cholecalciferol)	100 IU
Vitamin E (D-alpha tocopherol)	100 IU
Thiamin (HCl)	2 mg
Riboflavin (riboflavin 5'-phosphate)	2 mg
Niacin (niacinamide)	250 mg
Vitamin B6 (pyridoxal 5'-phosphate)	5 mg
Folate (folic acid)	80 mcg
Vitamin B12 (cyanocobalamin)	3 mcg
Biotin	150 mcg
Pantothenic acid (calcium pantothenate)	5 mg
Phosphorus (dipotassium phosphate, rice protein)	290 mg
Magnesium (glycinate)	280 mg
Zinc (citrate)	10 mg
Selenium (selenomethionine)	75 mcg
Copper (citrate)	1 mg
Manganese (citrate)	2 mg
Chromium (nicotinate)	60 mcg
Molybdenum (AA chelate)	38 mcg
Potassium (dipotassium phosphate, rice protein)	470 mg
Glucosamine sulfate (KCl)	1500 mg
L-glutamine	1500 mg
L-lysine	1100 mg
White willow bark powder (Salix alba)	500 mg
MSM (methyl sulfonyl methane)	250 mg
Bromelain (2400 GDU/gram)	200 mg
Lemon balm leaf extract (Melissa officinalis)(50% active)	200 mg
Quercetin	200 mg
NAC (N-acetyl cysteine)	100 mg
Papain (225 MCU/gram)	100 mg
Trypsin (1:75)	100 mg
L-threonine	50 mg
Serrapeptase	50 mg
Chymotrypsin (1:25)	3 mg

BIOINFLAMMATORY PLUS FUNCTIONAL FOOD

COMPREHENSIVE SUPPORT FOR INFLAMMATORY CONDITIONS

- Select blend of herbs and nutrients that help reduce pain and inflammation of healthy joint and connective tissues
- Supports a healthy response to injury and inflammation

When your patient can benefit from a comprehensive, science-based inflammation reduction program, try BioInflammatory Plus for positive results. BioInflammatory Plus is packed full of nutrients and is provided in a powder form for ease of digestion and assimilation. Inflammatory compounds include metabolic waste products and environmental toxins such as heavy metals, pesticides, herbicides, solvents, etc. Within the body, these compounds can act as free radicals, which damage the tissues and liberate inflammatory cytokines and prostaglandins. BioInflammatory Plus is a state-of-the-art system designed to reduce inflammatory compounds with specialty nutrients and antioxidants (free radical quenchers). After neutralizing these inflammatory compounds, BioInflammatory Plus supports the liver in removing them from the body by assisting the liver's Phase 1 and Phase 2 detoxification pathways. BioInflammatory Plus helps the liver convert insoluble inflammatory toxins, which are difficult to remove from the body, to soluble toxins, which are more easily removed. BioInflammatory Plus is easy to incorporate into a daily routine and the balanced proportions of protein, carbohydrate, and fats help keep your patient's blood sugar and energy levels stable.

BIOLOGICALLY ACTIVE B VITAMINS are taken up and used “as is” by the cells of the body. Therefore, no burden is placed on the liver to phosphorylate them or on the kidneys to eliminate them. In contrast, biologically inactive B vitamins must go through an activation process that takes place in the liver. Unfortunately, most products supply their B vitamins in the inactive form. These are rapidly removed from the blood stream by the kidneys and excreted from the body leaving little time for the liver to convert them into active forms. Biologically active B vitamins take part in numerous chemical processes including detoxification and anti-inflammatory pathways.

BIOINFLAMMATORY *PLUS* FUNCTIONAL FOOD

MINERALS are critical to your health and to your body's ability to properly detoxify and protect itself from free radical damage. However, for minerals to be of any therapeutic benefit, they must be absorbed. Unlike many products, BioInflammatory Plus does not cut costs here. In BioInflammatory Plus, you will find only the best fully bonded mineral transporters available. These carriers provide the highest absorption and transportation to key sites in the body where each mineral can support the cells' health and anti-inflammatory capacity.

SPECIALTY NUTRIENTS are present in clinically therapeutic amounts to provide additional antioxidant/anti-inflammatory protection and support both Phase 1 and Phase 2 detoxification pathways in the liver. N-acetyl L-cysteine (NAC) is a form of the amino acid L-cysteine. It acts as an antioxidant by promoting the production of glutathione. Glutathione protects tissues from free radical damage and acts as a powerful chelator of metabolic and environmental toxins.

NIACINAMIDE acts with NAC to help quench inflammation by inhibiting poly (ADP-ribose) synthetase (PARS). PARS can activate inflammatory cytokines such as tumor necrosis factor alpha. As early as the 1950s, niacinamide was shown to reduce pain, inflammation, and stiffness in arthritic patients.

L-GLUTAMINE is essential for a healthy intestinal tract. It is a preferred fuel for intestinal cells and promotes their repair and integrity. In doing so, L-glutamine acts to reduce inflammation in the gut, an important source of systemic (general body) inflammation.

BROMELAIN is a potent anti-inflammatory enzyme. It has been shown to actually digest inflammatory compounds. Bromelain quenches inflammation at its source: the molecules that create it.

HESPERIDIN, as a member of the lemon bioflavonoids, has anti-inflammatory and analgesic properties. One way it works is by stabilizing the tissue bound mast cell. Mast cells produce inflammatory histamines and leukotrienes. By stabilizing the mast cell wall, hesperidin reduces the release of these potent inflammatory compounds. Hesperidin also inhibits the pro-inflammatory metabolism of arachidonic acid.

MSM (METHYL SULFONYL METHANE) provides an organic source of biologically available sulfur. Sulfur is essential for connective tissue repair and integrity throughout the body and plays an important role in liver detoxification (sulfation) and immune systems. MSM is a naturally occurring compound in the body. Persons with sulfur antibiotic allergy need not worry; MSM is safe. Even high doses are well tolerated in toxicity studies.

WHITE WILLOW BARK is traditionally used to treat pain. The efficacy of this botanical is due mainly to the proportion of salicin present. Salicin, a precursor to salicylic acid, works as an antipyretic, antiphlogistic, and analgesic.

PAPAIN, TRYPSIN, CHYMOTRYPSIN AND SERRAPEPTASE are proteolytic enzymes. Administration of proteolytic enzymes may speed healing of injuries. Proteolytic enzymes have allowed athletes to return to performance sooner than control groups. Chymotrypsin and trypsin have been shown to reduce edema and inflammation.

SUGGESTED USE: As a dietary supplement, take 1-2 servings per day mixed in beverage of choice or as directed by your healthcare professional.

OTHER INGREDIENTS: Rice protein concentrate, rice syrup solids, xylitol, rice bran, medium chain triglycerides, lecithin, natural flavors, xanthan gum, stevia extract. Contains crustacean shellfish (from crab, lobster, or shrimp) and soy (from vitamin E, lecithin).

CONTRAINDICATIONS: A history of previous sensitivity to any of the product's ingredients. Any condition for which any of the ingredients in this product are adverse or contraindicated. Any disease state managed by pharmacotherapy for which alterations of serum drug levels secondary to changes in hepatic metabolism could be life threatening.

CAUTION: Excessive vitamin A intake may be toxic. Excess vitamin A intake may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5,000 IU total per day of pre-formed vitamin A.

BIOINFLAMMATORY PLUS has not been tested in pregnant or breastfeeding women, or in studies with children, and therefore cannot be recommended for use with these patients.

BIOINFLAMMATORY PLUS is free of wheat, rye, oats, barley, corn, dairy, egg and peanut. No fillers or artificial colors/flavors are used.

BIOINFLAMMATORY PLUS POWDER (MIX IN WATER OR JUICE):

DAY 1-2: Consume ½ scoop of BioInflammatory Plus two times per day along with three meals from the safe food list (BioInflammatory Plus Diet).

DAY 3-7: Consume 1 scoop of BioInflammatory Plus two times per day along with three meals from the safe food list (BioInflammatory Plus Diet).

DAY 8-25: Consume 2 scoops of BioInflammatory Plus two times per day along with three meals from the safe food list (BioInflammatory Plus Diet).

DAY 26 & BEYOND: Consult with your healthcare practitioner. Your doctor may feel you would benefit from ongoing support.

TO GET THE MOST OUT OF THE BIOINFLAMMATORY PLUS TREATMENT, IT IS RECOMMENDED THAT YOUR PATIENT FOLLOW THE BIOINFLAMMATORY PLUS DIET:

Optionally, allergy testing can be administered for those who do not wish to follow an Elimination-Challenge approach.

OPTION 1: (ANTI-INFLAMMATORY)

BioInflammatory Plus functional food powder + BioInflammatory diet

OPTION 2: (STRONG "EXTRA SUPPORT" ANTI-INFLAMMATORY)

BioInflammatory Plus functional food powder + BioInflammatory Plus capsules + BioInflammatory Plus diet

OPTION 3: (ANTI-INFLAMMATORY WHERE FUNCTIONAL FOOD POWDER IS INCONVENIENT)

BioInflammatory Plus capsules + UltraGenesis™ multivitamin/mineral capsules (without iron) + BioInflammatory Plus diet

BIOINFLAMMATORY DIET

BIOINFLAMMATORY POWDER - MIX IN WATER OR JUICE

SAFE FOODS: ENCOURAGED - EAT THESE FOODS REGULARLY

DAIRY

rice milk (*calcium fortified*), soy milk (*calcium fortified*), almond or cashew milk

EGGS

arrowroot starch, tapioca

FATS

organic cold processed oils: olive, canola, flax, walnut, pumpkin, sesame, and fish oils

FLUIDS

filtered or fresh pure water, herbal teas, fresh vegetable juices

FRUIT

fresh, frozen, fresh juiced, water packed in own juice (*unsweetened*) — *consume organic fruits*

GRAIN

rice, quinoa, amaranth, buckwheat, teff, millet

LEGUMES

all beans (*including soy*), peas and lentils

LOW FAT MEAT, FISH, POULTRY

chicken, turkey, lamb, salmon, cod, halibut, mackerel, trout, tuna (*fresh or water packed*) and other cold water fish — *consume hormone-free, organic meats when possible*

NUTS/SEEDS

almonds, filberts, cashews, brazils, walnuts, pecans, pumpkin, sesame, sunflower, undyed pistachio nut/seed butters made from above nuts/seeds

SWEETENERS

stevia, brown rice syrup, fruit sweeteners

VEGETABLES

all vegetables - fresh, steamed, or frozen fresh vegetable juices - *consume organic vegetables*
Consider avoiding nightshades (peppers, tomatoes, potatoes)

QUESTIONABLE FOODS (POSSIBLE ALLERGIC/INTOLERANT FOODS):

DISCOURAGED - AVOID REGULAR CONSUMPTION AND EXCESSIVE AMOUNTS

all dairy products (*milk, cheeses, yogurt, ice cream, cream, non-dairy creamers, cottage cheese*)

eggs, mayonnaise, egg substitute (*egg white*)

margarine, shortening, butter, refined oils, salad dressing, and spreads

coffee, black/green tea, cocoa, postum, alcohol, soda, citrus drinks, sweetened beverages, milk

citrus fruits (*lemon, lime, orange, grapefruit, tangerine*), fruit drinks, ades, cocktails, strawberries — sulfites

all gluten grains (*wheat, rye, barley, spelt, kamut*) refined grains (*white bread, white rice*), all corn products

beef, processed meats (*bologna, sausage, canned meats, hot dogs*)

peanuts, peanut butter, red (*dyed*) pistachios

white sugar, brown sugar, turbinado sugar, honey, molasses, maple syrup, fructose, corn syrup

nightshade vegetables, creamed vegetables

QUESTIONABLE FOODS AVOIDED DURING BIOINFLAMMATORY PLUS DETOX:

To gain the most benefit from your BioInflammatory Plus detoxification, it is best to go slowly when reintroducing foods back into your diet. It is entirely possible that part of the benefit you gained during the detox was due to avoidance of allergic or difficult to digest foods (food intolerances). Therefore, now is a good time to have your healthcare provider allergy test you or enter into the reintroduction phase of your program. When reintroducing foods, it is best to eat them in their whole form. Do not buy packaged foods with many ingredients—if you have a reaction, you and your healthcare provider will have a difficult time determining the culprit. When reintroducing foods, keep a diary of your symptoms each day. This way, if you have a delayed allergic or intolerant response, you will be able to determine which food is at fault and quickly eliminate it from your diet. The idea here is to create a "safe diet" for you to follow to continue to enjoy the health benefits you gained from the detox.

CONTINUATION OF BIOINFLAMMATORY PLUS: SPECIAL NEEDS PATIENTS

Discuss the need to remain on BioInflammatory Plus (1-2 servings per day) with your healthcare provider if you work in a toxic environment or if you have chronic health issues for which ongoing support with a well balanced food such as BioInflammatory Plus would be advantageous.