

## Antioxidants in SISEL's FuCoyDon

[http://www.healthymoneyvine.com/support-files/antioxidants\\_in\\_sisels\\_fucoydon.pdf](http://www.healthymoneyvine.com/support-files/antioxidants_in_sisels_fucoydon.pdf)

### Passionfruit

Passionfruit historically has been used as a sedative, or tranquiliser, and is useful against inflammatory diseases and intermittent fever, as it has anti-anxiety, anti-convulsant and sedative actions.

<http://en.wikipedia.org/wiki/Passionfruit>

[http://www.ncbi.nlm.nih.gov/sites/entrez?](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17676862&ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

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### Plum, Grape, Black Currant, Blueberry

- Science has found a relationship between oxidative stress [from free radical damage] and anxiety.
- Studies on the polyphenols in plums show a decrease in anxiety-related symptoms! So fruits such as plums (Mirabelles), apples and cherries can provide health-promoting advantages to consumers.

<http://en.wikipedia.org/wiki/Plum>

[http://www.ncbi.nlm.nih.gov/sites/entrez?](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17698084&ordinalpos=11&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

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[http://www.ncbi.nlm.nih.gov/sites/entrez?](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17472467&ordinalpos=17&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

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[http://www.ncbi.nlm.nih.gov/sites/entrez?](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17465224&ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

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[http://www.ncbi.nlm.nih.gov/sites/entrez?](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17533652&ordinalpos=13&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

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### Black Currants

Blackcurrants are stated to be immuno-stimulatory; and have potent anti-tumour activity.

[http://en.wikipedia.org/wiki/Black\\_currants](http://en.wikipedia.org/wiki/Black_currants)

[http://www.ncbi.nlm.nih.gov/sites/entrez?](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=12009991&ordinalpos=17&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

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### Concord Grape

- Anthocyanins are antioxidants in the deep rich colour of grapes and blueberries; this rich grape extract blocks breast cell DNA damage!
- And in addition to the beneficial effects on cancer and heart disease; polyphenolics in foods may be beneficial in reversing the effects of neuronal and behavioural aging.

[http://en.wikipedia.org/wiki/Concord\\_Grape](http://en.wikipedia.org/wiki/Concord_Grape)

[http://www.ncbi.nlm.nih.gov/sites/entrez?](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17651059&ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

[Db=pubmed&Cmd=ShowDetailView&TermToSearch=17651059&ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17651059&ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

### Blueberries

- Since 2005, blueberries have been classed as functional foods; super fruits having the wonderful combination of nutrient richness, antioxidant strength, and emerging research evidence for health benefits.
- These include:

- Cardiovascular disorders.
- Advancing age-induced oxidative stress.
- Inflammatory responses.
- Degenerative diseases.

<http://en.wikipedia.org/wiki/Blueberries>  
[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17533651&ordinalpos=9&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17533651&ordinalpos=9&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)  
[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16979328&ordinalpos=33&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16979328&ordinalpos=33&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)  
[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16904103&ordinalpos=35&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16904103&ordinalpos=35&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)  
[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16194581&ordinalpos=53&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16194581&ordinalpos=53&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

### **Berry Anthocyanins (Strawberry and Raspberry)**

- Berry anthocyanins also improve nerve and brain functions; eye health; as well as protecting DNA integrity.
- Along with the beneficial effects of wild blueberry; bilberry; cranberry; elderberry; raspberry seeds and strawberry are shown to be helpful in human health and disease prevention.

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17147415&ordinalpos=86&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17147415&ordinalpos=86&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

### **Red Raspberry**

In one article it was shown that the growth of various cancer cell lines, including those of

- stomach
- prostate
- intestine
- breast

was strongly inhibited by raspberry, black currant, white currant, gooseberry, velvet leaf blueberry, low-bush blueberry, sea buckthorn and cranberry juice.

[http://en.wikipedia.org/wiki/Red\\_Raspberry](http://en.wikipedia.org/wiki/Red_Raspberry)  
[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16800770&ordinalpos=127&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16800770&ordinalpos=127&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

### **Szechwan Pepper – Black Pepper Extract**

These peppers are said to have anti-fungal and anti-bacterial effects.

[http://en.wikipedia.org/wiki/Black\\_Pepper](http://en.wikipedia.org/wiki/Black_Pepper)  
[http://en.wikipedia.org/wiki/Sichuan\\_Pepper](http://en.wikipedia.org/wiki/Sichuan_Pepper)  
[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17566887&ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17566887&ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

\* These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure, or prevent any disease.