

A Detailed List of the Ingredients in Dr. Craig's "Supplement of Choice", and What Affect They Have on the Human Body:

Ashwagandha: is an herb similar to Indian Ginseng (Winter Cherry), and is chosen to combat physical stress.

Schizandra: is a Chinese herb used for chronic fatigue, normalizing blood sugar, blood pressure and other bodily functions, while increasing the body's resistance to disease.

Tribulus Terrestris: known as Puncture Vine, has a detoxifying effect on the liver and improves the blood supply to muscles and the brain, while increasing endurance. Athletes use this as a safe and natural alternative to steroids. It helps hormonal and libido problems in men and women.

Siberian Golden Root: is an herb from the mountains of Eastern Siberia that helps you recover from mental and physical workloads. It reduces exhaustion and improves memory and brain activity. As an anti-fatigue, anti-depression herb, it is known to improve athletic and sexual performance.

Siberian Ginseng: is the main adaptogen responsible for athletic recovery, while increasing endurance and lean muscle. It is used to improve energy levels, protect the immune system, and increase mental sharpness. Millions take it daily.

Siberian Rhododendron Caucasicum (S.R.C.): is a unique non-toxic species of Rhododendron found only in the Caucasian Mountains of Russia at elevations of 10,000 to 13,000 feet. In the Republic of Georgia, there are records of 23,000 Georgians over the age of 100; based on a population of only 3.2 million people. This rhododendron is the secret to their longevity. Studies show that S.R.C. improves heart health, blood pressure and cholesterol, arthritis, depression, gout, increases blood supply to the muscles and brain, and is highly anti-bacterial. It is also being used to reduce fat and is a natural and selective fat blocker. What a list!

Nepali Shilajit: is translated as "Destroyer of Weakness and the Builder of Strength." Shilajit is harvested off the sides of the cliffs in the Himalayas. Its list of health benefits is as long as Siberian Rhododendron Caucasicum, above. It is high in trace minerals and supports longevity in ways too many to list here.

Maca Extract: Maca is a root vegetable grown high in the Andes; known as the Incan Superfood. Maca is high in amino acids which play a role in sexual function; making it known for its sexual performance properties, along with enhancing fertility, memory and energy.

Wolfberry: This Asian herb is known for treating diabetes, repairing damaged liver cells, kidney function, and improving vision. It contains 500% more vitamin C than oranges, more beta-carotene than carrots, over 19 amino acids and 21 trace minerals, along with B1, B2, B6, and vitamin E. The extraction process is very important because most of the health benefits are in the berry's skin. Wolfberry has been used for centuries for its anti-aging benefits.

Important Nutrients That Improve Your Health

Bamboo Extract: The stem is used as the highest known source of natural silica; approximately 70% silica. It strengthens the skeletal system, much the same way it does for the mammals that exist on it. It improves digestion and aids the cardiovascular system and elasticity of the arteries. When our level of silica declines, we see hair loss, bone loss, and premature aging of the skin. It is an essential daily supplement.

Aphrodisiac Herbs: Along with Shilajit, Maca extract, Siberian Golden Root, Schizandra extract, Ashwagandha, **Velvet Bean** and **Ginger Extract** are also added. **Velvet Bean** is popular in sports nutrition with its ability to increase testosterone and stimulate growth hormone. We know **Ginger** aids in digestion, nausea, and sexual dysfunction.

Fulvic Acid: Fulvic Acid is a molecule that carries nutrients into the body. It neutralizes free radicals and heavy metals, and recharges the cells: becoming a natural electrolyte. It is important in helping the body absorb nutrients, and returning the cells to a normal state. Ionix Supreme contains 23% Fulvic Acid coming from the Nepali Shilajit. I found something so amazing and so powerful about Fulvic Acid that I dedicated a whole page to it (page4) Please, be sure to read Page 4. **You will be amazed by what you learn - I know I was!**

MSM (methylsulfonylmethane): You may be familiar with MSM as an essential nutrient in stimulating the production of collagen and protecting your joints. It is thought to be a necessary building block for proteins. Since sulfur levels are lower in arthritic joints than healthy joints, MSM may help in getting sulfur to joints that are low. No one is exactly sure how it works, just that it does.

Other Included Extracts and Nutrients:

Extracts:

Sorrel Flower: used for its astringent properties.

Bacopa: supports memory, concentration, and brain function.

Harada: is a natural detoxifier for the colon, which in turn, clears the skin.

Amla: (Indian Gooseberry) rebuilds tissues and increase red blood cell count.

Wild Blueberry: improves short-term memory, balance and coordination.

Hibiscus: helps lower cholesterol and reduce heart disease, similar to red wine.

Kiwi: helps with respiratory-related issues, and protects DNA from damage.

Watermelon: is high in beta-carotene and is 40% higher in Lycopene than tomatoes.

Stevia: a South American herb that supports the immune system, digestive system, and liver.

Other Nutrients:

Alpha Lipoic Acid: As a cell protector, it is one of the most powerful anti-aging substances; impacting nearly every cell in the body. It also is an anti-inflammatory as well as a vitamin B booster.

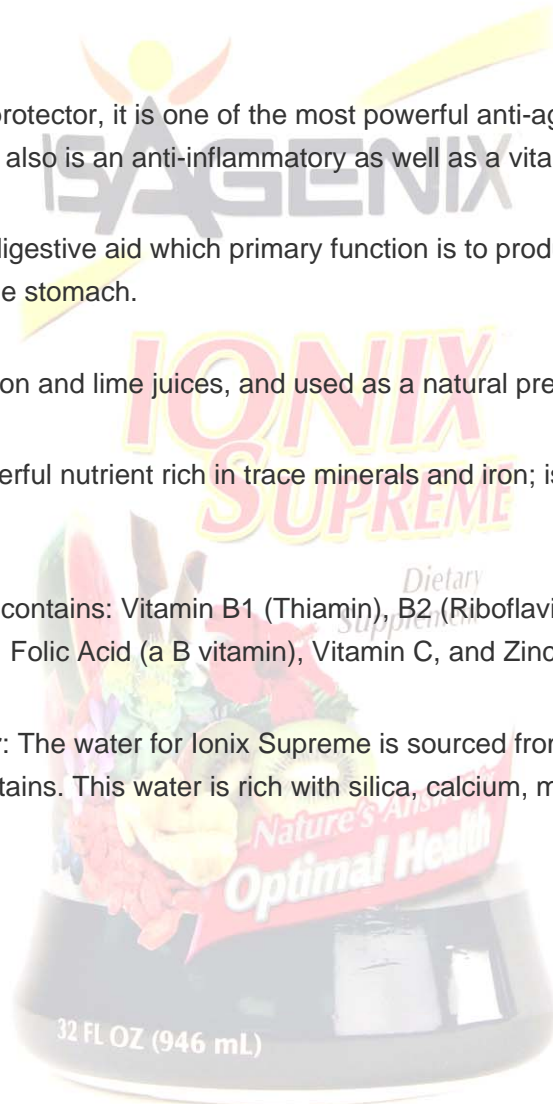
Betaine Hydrochloride: is a digestive aid which primary function is to produce pepsin, a digestive enzyme that breaks down proteins in the stomach.

Citric Acid: obtained from lemon and lime juices, and used as a natural preservative.

Black Strap Molasses: a powerful nutrient rich in trace minerals and iron; is a natural by-product of refining sugar.

Vitamins: Ionix Supreme also contains: Vitamin B1 (Thiamin), B2 (Riboflavin), B3 (Niacin), B6 (Pyridoxine), B12 (Cobalamin), Folic Acid (a B vitamin), Vitamin C, and Zinc.

Quartz Crystal Mineral Water: The water for Ionix Supreme is sourced from waters that run around an old quartz mine in Arkansas Mountains. This water is rich with silica, calcium, magnesium, and trace minerals; necessary for bodily functions.



Fulvic Acid – Power Nutrient and Transporter

Ionix Supreme is rich in Fulvic Acid, found in organic plants and soils. It is recognized as one of the most powerful foods and delivery systems, and it is acclaimed as the “miracle molecule.” It has the natural ability to revitalize and extend the life of the cell by supporting normal chemical balance and the cell’s dynamic electrical charge. Fulvic Acid is considered a powerful natural electrolyte. By literally “recharging” the cells, it increases the life-force of the body.

Fulvic acid is a multi-function molecule. It carries vital micro-nutrients into the body. After delivery of revitalizing nutrients, it continues its journey by circulating and chelating (attracting and neutralizing) heavy metals, which can damage the body even in minute amounts, and transports them and other accumulated impurities for elimination out of the body. At the same time, it continues its “sweeping action” by taking on the role of a powerful antioxidant by scavenging for and neutralizing any form of free-radicals before they can further damage cells and tissues and contribute to degenerative conditions, diseases, and accelerated aging. Its ability to cleanse and purify also supports and strengthens the immune system.

Scientific research has revealed that fulvic acid is the key component that helps the body efficiently absorb nutrients, one of its most vital functions. Also, fulvic acid is an “enhancer” by supporting minerals, vitamins, and other nutrients in becoming more bio-active for a longer period of time. This happens due to fulvic acid’s innate ability to transform them into a more bio-available (user friendly) organic and ionic form to maximize the potential for absorption and usage by the body. Proper nourishment of the cells with minerals and trace minerals is necessary to activate the enzymes necessary for complete metabolism.

The Nepali Shilaji used in Ionix Supreme contains ten times the fulvic acid compared to trace mineral sources in the United States. Most manufacturers using other various trace mineral sources find it remarkable if they achieve a 5- 6% fulvic acid content in their products. Ionix Supreme contains 23% fulvic acid which makes it the most potent nutritional drink with the ability to transport nutrients out of the digestive system for assimilation throughout the body.

Dr. Craig’s Comments

Do you currently take a vitamin/mineral supplement that has anything remotely close to what is listed here? Long gone are the days of the “*cheap multi-vitamin from the discount store*”. I took the time to compile this information, not to promote a product, but to expose you to what a supplement should **REALLY** look like, and more importantly, what it should **DO FOR YOU!**