



WEIGHT & BLOOD SUGAR CONTROL

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MULBERRY LEAF EXTRACT

Morus alba

Mulberry leaf extract is extracted from the dried leaves of *Morus alba* L. by water. It contains flavonoids, alkaloids, polysaccharides and other active substances. It has pharmacological effects such as hypoglycemic, antibacterial, hypotensive and anti-inflammatory. Alkaloids and polysaccharides are the main hypoglycemic active ingredient in mulberry leaves.

SPECIFICATION

1%DNJ
5%DNJ

RECOMMENDED DOSAGE

750mg/d
150mg/d

ACTION MECHANISM

DNJ: α -Glucosidase inhibitor, reduces and delays glucose absorption in the small intestine and lowers postprandial blood glucose spikes.



BLACK GINGER EXTRACT

Kaempferia parviflora

Black ginger is a perennial tropical herb in the genus *Kaempferia* of the ginger family (Zingiberaceae). It is widely planted in Southeast Asia. In Thailand, black ginger is known as "Krachaidum", also is called "Thai ginseng". It has been used as a folk medicine for centuries. Black ginger is rich in flavonoids, the main active substances are 5, 7-dimethoxy-flavonoids and polymethoxylated flavones (PMF).

SPECIFICATION

5, 7-dimethoxy-flavonoids $\geq 5\%$
Polymethoxylated Flavones 8.0-12.0%

RECOMMENDED DOSAGE

100-200mg/d

ACTION MECHANISM

5, 7-dimethoxy-flavonoids: control glycolipid metabolism by enhancing mRNA expression of GLUT4 and PGC-1 α .
Polymethoxylated Flavones: promote lipolysis in adipose tissue



FUCOXANTHIN

Phaeodac tylumtricornutum

Fucoanthin, The oxygenated derivatives of natural carotenoids are the most abundant carotenoid molecules in nature, which has two patents:

A patented functional benefit for liver health.--No. 202211088882.2

A patented functional benefit for cardiovascular health.--No. 202211088867.8

SPECIFICATION

Fucoanthin 1%

RECOMMENDED DOSAGE

300 mg/d

ACTION MECHANISM

1. Activate the expression of mitochondrial uncoupling protein UCP1 in white adipose tissue through a series of cytokines (such as PKA, PPAR α , PGC-1 α , etc.) to accelerate lipolysis;
2. Inhibit the mRNA level of fatty acid synthase FAS, thereby reducing fat synthesis;
3. Inhibit glucose absorption in mature adipocytes by reducing the phosphorylation of the insulin receptor substrate IRS-1.
4. By activating AMP-dependent protein kinase, it accelerates ubiquitination and degradation of the rate-limiting enzyme for cholesterol synthesis, reduces liver damage caused by high-fat diet, and reduces the levels of cholesterol and low-density lipoprotein in serum.
5. Through positive effects on cholesterol-regulating enzyme activities (such as 3-hydroxy-3-methylglutaryl-CoA reductase and acyl-CoA, etc.) and lipid metabolism-related genes (such as acetyl-CoA carboxylase) ACC expression, significantly reducing triglyceride concentrations in blood and liver.

AGARICUS BISPORUS MUSHROOM EXTRACT

Agaricus bisporus

Agaricus Bisporus Mushroom, commonly known as the cultivated mushroom, is the most productive and largest consumption of edible fungi. The crude protein content of its fruiting body entity is close to 40%, vitamin content 8%, 17 kinds of amino acids, essential amino acids accounted for 42.3% of the total amino acids, with high protein, low fat and low calorie characteristics.

It is rich in small molecule polysaccharides (containing β -glucan) and proteins, with good quick solubility, suitable for solid beverages, liquids, tablet candy and other dosage forms.

SPECIFICATION

Polysaccharide 10%
Protein 10%

RECOMMENDED DOSAGE

400mg

ACTION MECHANISM

1. Promote intestinal peristalsis and expel toxins to help lose weight.
2. β -glucan can reduce lipogenesis

■ Jeong S C , Koyyalamudi S R , Pang G . Dietary intake of Agaricus bisporus white button mushroom accelerates salivary immunoglobulin A secretion in healthy volunteers[J].Nutrition, 2012, 28(5):527-531.



SUGARCANE POLYPHENOL

Saccharum officinarum

Sugarcane Polyphenol is extracted from sugarcane, which is a new raw material with high biological activity and pure natural plant extraction. It is rich in polyphenols, with sugar blocking and antioxidant properties.

SPECIFICATION

Polyphenol $\geq 20\%$

RECOMMENDED DOSAGE

1000mg/d

ACTION MECHANISM

1. α -glucosidase and α -amylase inhibitor
2. Block fructose transport & repair damaged pancreatic β -cells to secrete insulin



PU'ER TEA EXTRACT

Camellia sinensis

Pu'er Tea Extract is selecting the ripened Pu'er tea in Yunnan, China as the raw material, it has passed the Japanese patent processing technology certification (P7286849). The raw material Pu'er has been proved by 3 clinical trials in Japan. Pu'er Tea Extract adopts GMP grade manufacturing process, it is rich in gallic acid and theabrownins, which can play a role in antidiabetic, cellulite and keeping fit.

SPECIFICATION

Gallic Acid $\geq 4\%$
Theabrownins $\geq 15\%$

RECOMMENDED DOSAGE

≥ 450 mg/d

ACTION MECHANISM

1. Block sugar absorption
2. Inhibit intestinal digestion and absorption of lipids
3. Reduce lipid synthesis and accumulation
4. Increase adipocyte differentiation and promote glucose absorption, regulate glucose and lipid metabolism, and improve glucose and lipid homeostasis.
5. Reduce glucose toxicity and lipotoxicity
6. Promote mitochondrial energy metabolism



EGCG

Camellia sinensis

EGCG is extracted from natural green tea, with a product purity of more than 98%. It is the main active and water-soluble ingredients of green tea, which helps to resist obesity, block infection of new coronavirus and enhance immune ability.

SPECIFICATION

EGCG $\geq$ 98%

RECOMMENDED DOSAGE

270-300 mg/d

ACTION MECHANISM

1. Reduce the expression of FTO and inhibit the formation of adipocytes.
2. Reduce serum GLU, insulin, TC, TG levels and LDL-C levels.



THEAFLAVIN

Camellia sinensis

Theaflavin is formed by the polyphenol oxidase-catalyzed condensation of catechins during the fermentation process of black tea is the main component of black tea.

Theaflavin has strong physiological activities, with antioxidant, anti-aging, hypolipidemic, hypoglycemic, anticancer, antimutagenic, antiviral, prevention of cardiovascular disease and antibacterial effect.

SPECIFICATION

Theaflavin 40%

RECOMMENDED DOSAGE

85mg

ACTION MECHANISM

Reduce serum TC, HDL-C, LDL-C, TG contents and AI index ($p < 0.05$ or $p < 0.01$)

■ Jiang Huiying, Ma Yuxian, Zeng Wenzhi, et al. Effects of theaflavins, thearubigins and theabrownins on the intestinal flora of rats fed a high-fat diet [J]. Food Industry Science and Technology, 2018, 39(20): 274-279,351.



KUDING TEA EXTRACT

Ligustrum robustum

Kuding Tea Extract is extracted from the dried leaves of *Ligustrum robustum* (Roxb.) Blum. The main active components are total saponins and total flavonoids, which have the efficacy of hypolipidemic.

SPECIFICATION

Total Flavonoids 50%

RECOMMENDED DOSAGE

1-2g/d

ACTION MECHANISM

1. Inhibit lipase activity
2. Reduce adipocyte differentiation and fat accumulation, and improve dyslipidemia.
3. Inhibit triglyceride synthesis and promote cholesterol catabolism



LOTUS LEAF EXTRACT

Nelumbo nucifera

Lotus Leaf Extract is extracted from the dried leaves of *Nelumbo nucifera* Gaertn. The main active ingredient is alkaloid, which has the efficacy of hypolipidemic, anti-free radical, inhibiting hypercholesterolemia and other function.

SPECIFICATION

Nuciferine 0.5%

RECOMMENDED DOSAGE

300-600mg/d

ACTION MECHANISM

1. Inhibit adipocyte proliferation and differentiation
2. Inhibit lipase activity
3. Suppress appetite
4. Promote lipolysis



HAWTHORN EXTRACT

Crataegus pinnatifida

Hawthorn extract is extracted from the dried and mature fruits of *Crataegus pinnatifida* Bge. The main active ingredients are various organic acids. It has the functions of promoting digestion, protecting the stomach, anti-inflammatory, relieving cough, lowering blood pressure, and lowering blood lipids.

SPECIFICATION

Total Flavonoids 10%

RECOMMENDED DOSAGE

180-360mg/d

ACTION MECHANISM

Downregulates intestinal cholesterol ACAT by inhibiting the expression of 2 essential liver enzymes involved in lipid biosynthesis: 3-hydroxy-3-methylglutaryl-CoA reductase and cholesterol 7-alpha-hydroxylase to reduce TC absorption to prevent hyperlipidemia.



RICE BRAN FATTY ALCOHOL

Oryza sativa

Rice Bran Fatty Alkanol is made of rice bran wax made from rice bran through saponification, extraction, filtration and other processes. The content of higher aliphatic alkanes reaches 75%-88%, which is helpful to promote alcohol catabolism, relieve alcohol acute liver injury, and relieve fatty liver disease.

SPECIFICATION

Higher Aliphatic Alkanes 75%-88%

RECOMMENDED DOSAGE

30-70mg/d

ACTION MECHANISM

1. Regulate lipid metabolism genes, increase the activity of ATPase, PFK enzyme, SDH enzyme, and NADH-Tr enzyme in cardiac and skeletal muscles, increase metabolism, and reduce weight.
2. Prevent non-alcoholic fatty liver disease, reduce weight, accelerate the elimination of fatty liver, speed up metabolism, and reduce the formation of fatty liver.