



GlycoEssentials

Essential Sugars for Cellular Communication, Immunity and More...

When most of us think of sugar, we don't associate it with good health. That's because most people eat too many simple carbohydrates—foods containing refined sugars and processed grains. However, there are many types of sugar that are beneficial, such as the natural sugars found in fresh fruits and vegetables, certain herbs (like mushrooms, seaweeds and aloe vera), dairy products and other whole foods. These sugars play roles in aiding immune function and the activity of hormones and neurotransmitters that regulate our health and our mood.

Known collectively as glyconutrients, there are eight sugars that have been identified as essential to human health. GlycoEssentials is a formula which contains all eight of these essential sugars, plus a variety of herbs, gums and food extracts that are rich in these important glyconutrients. In general, the ingredients in GlycoEssentials play a role in building enzymes, hormones and antibodies. They also enhance and support the immune system and aid tissue repair.

GlycoEssentials contains the following ingredients:

Mannose was the first glyconutrient discovered. It supports the immune system by inhibiting tumor growth and spread and helps prevent parasitic, viral, bacterial and fungal infections. It helps in tissue repair and eases inflammation in rheumatoid arthritis. It also helps lower blood sugar and triglyceride levels.

Galactose is called the "brain sugar" as it helps trigger long-term memory formation. It supports the immune system by enhancing wound healing, inhibiting tumor growth and metastasis, and decreasing inflammation. People with arthritis and lupus tend to have low galactose levels.

Xylose is found in herbs such as echinacea and boswellia. It is antibacterial and antifungal and helps to prevent dental cavities. It promotes the growth of friendly flora in the colon. Xylose is partially responsible for that "gut feeling" as it is a main component in cell communication between the gut and the brain.

Fucose should not be confused with fructose. High fructose corn syrup contributes to obesity, while fucose has been shown to help immunity, reduce inflammation, guard against respiratory infections and help fight herpes, bacteria, viruses and cancer. It is particularly beneficial to the nervous system. Studies have shown that animals develop amnesia when fucose is lacking in the brain.

N-Acetylglucosamine is found in shark and bovine cartilage and medical mushrooms. It helps with inflammation and cartilage repair and benefits joints, ligaments and tendons. It is considered an immune modulator and shows activity against tumors and HIV. It also helps transport iodine into the thyroid. Glucosamine sulfate, a popular supplement for joint health, contains this sugar.

N-Acetylgalactosamine is derived from shark and bovine cartilage. Like the other sugars it is essential for cellular communication. Low levels have been found in heart disease, rheumatoid arthritis, chronic inflammation and cancer.

N-acetylneuraminic Acid is an immune modulating sugar that aids brain development and has been shown to improve memory and cognitive performance. Studies have shown it benefits the immune system and inhibits the viruses that cause influenza, hepatitis, pneumonia, cold sores and colds. It affects the viscosity of the protective mucus layer of the respiratory tract and blocks the release of histamine to reduce asthmatic and allergic reactions. It also has a positive effect on blood coagulation and lowers LDL cholesterol.

Glucose is a major source of energy for plants and animals.

Aloe vera contains mannose and has anti-inflammatory and tissue healing properties.

Short-chain fructo-oligosaccharides are complex sugars that feed the friendly bacteria in the intestinal tract. This has a positive effect on the health of the bowel and the immune system.

Beta-Glucan increases general immunity and strengthens resistance to infection by getting the various cells talking to each other and stimulating white blood cell activity.

Arabinogalactan helps to increase friendly bacteria in the colon and decreases harmful bacteria like E-coli and salmonella. It increases white blood cell production and stimulates their activity.

Tragacanth gum, Ghatti gum and Guar gum provide soluble digestive fiber and absorb toxins and waste from the intestines for elimination. They also help the liver metabolize cholesterol.

Shiitake, Cordyceps, Maitake mushroom extracts all have immune boosting activities targeting cancers and tumors.

Glucosamine sulfate provides strength, flexibility and elasticity to cartilage and connective tissue as well as decreases inflammation that can lead to joint destruction of arthritis.

Rice starch provides stability to the product without causing allergic reactions as with wheat starch.

Suggested Use

Take 1 capsule three times daily for maintenance. Take 1 capsule five times a day during periods of immune system stress.

Selected References

- Healthy Healing, A Guide to Self-Healing for Everyone* by Linda Rector Page. PDR for Herbal Medicine published by Medical Economics Company.
- Sugars that Heal: The New Healing Science of Glyconutrients* by Emil I. Mondoa, M.D. and Mindy Kitei
- Breakthroughs in Health*, September 2006, "Glyconutrients—The Healthy Benefits of Miracle Sugars"

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