



Thai-Go

Stock #4195-2 (2/25oz.)

Thai-Go is an antioxidant-rich juice blend formulated with 13 highly nutritious fruit and herbal extracts. As a daily dietary supplement, Thai-Go provides a continuous supply of powerful antioxidants and other health-promoting nutrients that have been shown to protect the body against oxidative stress (free radical damage) and the development of cancer, cardiovascular disease, diabetes, osteoporosis and neurodegenerative diseases such as Alzheimer's disease. The ingredients in Thai-Go have been carefully selected and combined to ensure a high ORAC value. Oxygen radical absorbance capacity (ORAC) is a standard measurement of antioxidant activity used in the nutraceutical, pharmaceutical and food industries.¹⁻⁵ Each serving of Thai-Go contains:

Mangosteen, a tropical fruit native to Malaysia and Indonesia, is known for its sweet flavor, which is similar to a mixture of grape and apple. Mangosteen contains oligomeric proanthocyanidins, which are potent antioxidants that demonstrate much higher antioxidant activity than either pine bark or grape seed extracts. In addition, mangosteen contains a class of naturally occurring polyphenolic compounds known as xanthenes, which demonstrate potent antioxidant, antibacterial, anti-inflammatory, antithrombotic, antitumoral, and neuroprotective (nerve cell-protecting) activity. Xanthenes and xanthone derivatives have provided beneficial effects on cardiovascular disease and have demonstrated anti-cancer properties. Recent research has confirmed that xanthone constituents exhibit dose-dependent aromatase inhibitory activity—inhibiting the aromatase enzyme decreases estrogen production in the body and has proven to have a significant effect on the development and progression of hormone-responsive breast cancer. In addition, mangosteen xanthenes and xanthone derivatives have demonstrated strong antibacterial and inhibitory effects against *Mycobacterium tuberculosis*—the bacterium that causes tuberculosis—and methicillin-resistant *Staphylococcus aureus* (MRSA)—an antibiotic-resistant "superbug" that can cause skin infections, pneumonia, surgical site infections, and severe life-threatening bloodstream infections.⁶⁻¹⁷

Concord grape concentrate contains anthocyanins, a class of antioxidant flavonoids that give intense color to many fruits and vegetables. Epidemiological studies indicate that moderate consumption of anthocyanin-containing products is associated with a lower risk of cardiovascular disease and improvement of visual function. Concord grapes also contain resveratrol, an antioxidant that demonstrates anti-inflammatory and anti-cancer properties. Studies in humans have shown that concord grape juice can support immune function, as well as reduce blood pressure, inflammation and vascular pathology (disease) in patients with cardiovascular disease. Concord grape juice has also been shown to improve memory function in older adults with mild cognitive impairment.¹⁸⁻²²

Red grape concentrate - Evidence suggests that regular intake of red grapes and juice, rich in antioxidant polyphenols, may help reduce the risk of chronic illnesses such as cancer, cardiovascular disease and neurodegenerative disorders. Red grapes contains resveratrol, a powerful antioxidant that exhibits anti-cancer and anti-inflammatory properties. Red grapes also contain anthocyanins, which provide numerous health-promoting benefits, including antioxidant, anti-cancer and cardiovascular protective effects. Red grape juice has been shown to increase plasma antioxidant activity, while significantly reducing LDL cholesterol and increasing HDL cholesterol levels in both healthy subjects and hemodialysis patients. Red grapes have also been shown to inhibit the proliferation (growth) of human liver cancer cells in vitro.²³⁻²⁸

Blueberry concentrate is a rich source of powerful antioxidant compounds, including anthocyanins and vitamin C. Blueberries also contain resveratrol and piceatannol, two strong antioxidants that demonstrate cancer chemopreventive (cancer-preventing) activities. Blueberries not only exhibit high ORAC activity, but also tested highest for cellular antioxidant activity (CAA), compared to cranberries, apples, and red and green grapes. In addition, blueberries demonstrate cardiovascular protection and vision-enhancing properties, as well as anti-diabetic and anti-cancer effects. Blueberries have been shown to significantly inhibit the mutation of breast and cervical cancer cells in vitro. Blueberries have also been shown to reverse age-related neurological deficits in animal studies.²⁹⁻³⁴

Red raspberry concentrate - Red raspberries have high ORAC activity and are a rich source of anthocyanins, vitamin C and phenolic compounds that protect the body against oxidative stress and associated diseases such as cardiovascular disease, neurodegenerative disorders and cancer. Red raspberries have been shown to significantly inhibit the mutation of breast and cervical cancer cells in vitro, as well as significantly reduce hepatic (liver) oxidative DNA damage in mice—DNA damage can lead to the development of cancer.^{1,31,35-37}

Red grape skin extract is a rich source of polyphenols, which are antioxidant substances that protect the body's tissues against oxidative stress. One such polyphenol, resveratrol, is regarded as a powerful antioxidant that exhibits anti-cancer, anti-inflammatory, antiviral, wound-healing, neuroprotective and cardioprotective effects. A study involving high-risk cardiac patients who were resistant to the effects of aspirin found that resveratrol effectively inhibited platelet

aggregation. Platelet aggregation is a risk factor for coronary artery disease because it can lead to the formation of blood clots. Research indicates that combining grape skin extract and grape seed extract provides greater anti-platelet effects than either substance alone. Furthermore, extensive studies have confirmed resveratrol's anti-cancer effects against a variety of human cancers, including breast, colorectal, gastric, liver, lung, pancreatic, prostate, and skin cancer, as well as leukemia and neuroblastoma.^{1,2,38-43}

Wolfberry (Goji) fruit extract - According to Traditional Chinese Medicine, wolfberry, also known as goji, nourishes and tonifies the liver and kidneys and improves eyesight. Pharmacological and clinical research indicate that wolfberry imparts a protective effect on the liver, and also raises serum levels and macular density of zeaxanthin, which may decrease the risk for age-related macular degeneration. Wolfberry is a rich dietary source of antioxidants, including zeaxanthin and vitamin C. Wolfberry has demonstrated high antioxidant scores, as well as immunomodulatory, hypoglycemic (blood sugar-lowering), hypolipidemic (lowers fats in the blood), and neuroprotective effects.⁴⁴⁻⁵⁴

Açai berry concentrate - Açai berry, a fruit from the Amazon region of South America, is a rich source of antioxidants, including vitamin C and polyphenols. Açai has demonstrated exceptional antioxidant activity against superoxide radicals, as well as the highest antioxidant capacity of any food currently reported against peroxy radicals. In addition, plasma antioxidant capacity has been shown to increase up to 2- and 3-fold following the consumption of açai juice and pulp among healthy volunteers. Açai also exhibits anti-inflammatory properties and appears to be a potential inhibitor of COX-1 and COX-2—enzymes involved in the inflammatory response. Plus, animal studies have shown that açai exerts hypocholesterolemic (cholesterol-lowering) effects. Such data support the use of açai for health problems related to inflammation and free radical damage, such as cardiovascular disorders.⁵³⁻⁶⁰

Pomegranate juice concentrate is a rich source of antioxidant compounds. Known as "nature's power fruit," pomegranate juice has demonstrated 2 to 3 times the antioxidant capacity of both green tea and red wine. Pomegranate has demonstrated anti-cancer, anti-diabetic and cardioprotective effects, and has been studied for its potential therapeutic properties, including the treatment and prevention of cancer, cardiovascular disease, erectile dysfunction and male infertility, and bacterial infections and antibiotic resistance.⁶¹⁻⁶⁶

Sea buckthorn, an herbal medicine that has been used for more than 1,000 years in China, Tibet and Mongolia, has demonstrated antioxidant, anti-ulcerogenic (ulcer-preventing), cardioprotective, and hepatoprotective (liver-protecting) effects. For example, a clinical study involving patients with cirrhosis (a chronic liver disease) found that sea buckthorn may be beneficial for preventing and treating liver fibrosis. Sea buckthorn is a rich source of antioxidants, including vitamins C and E, beta-carotene, superoxide dismutase (SOD) and flavonoids, as well as the carotenoid zeaxanthin. Zeaxanthin intake may decrease the risk for age-related macular degeneration. In addition, results from a recent animal study suggest that sea buckthorn may be a potential therapeutic agent for the treatment of tardive dyskinesia—a neurological disorder caused by long-term use of neuroleptic drugs and characterized by repetitive, involuntary movements of the facial, limb and trunk muscles.⁶⁷⁻⁷⁴

Red grape seed extract is known as a powerful antioxidant that protects the body from premature aging, disease and decay. Grape seeds contain a class of naturally occurring compounds known as proanthocyanidins, whose antioxidant power has been shown to be 20 times greater than vitamin E and 50 times greater than vitamin C. Grape seed extract has demonstrated a wide range of pharmacological and therapeutic activity, including antioxidant, anti-cancer, anti-inflammatory, antimicrobial, cardioprotective, hepatoprotective and neuroprotective effects. In addition, grape seed extract has demonstrated considerable antibacterial activity against methicillin-resistant *Staphylococcus aureus* (MRSA).^{11,42,75-78}

Green tea extract (*Camellia sinensis*) is a rich source of antioxidant nutrients, including polyphenols, carotenoids, tocopherols, vitamin C, and selenium. ORAC assays have shown that green tea exhibits much higher antioxidant activity against peroxy radicals than many vegetables. Numerous human studies have demonstrated a significant increase in plasma antioxidant capacity following intake of moderate amounts of green tea, leading to reduced oxidative damage in macromolecules such as DNA and lipids (fats). Green tea or green tea extracts rich in EGCG (epigallocatechin-3-gallate, the major antioxidant polyphenol in green tea) have demonstrated beneficial effects on blood sugar control, weight management, and cardiovascular risk factors in the majority of human epidemiological and intervention studies conducted. In addition, a number of studies have shown a significant protective role of green tea against liver diseases, including cirrhosis, fatty liver disease and liver cancer. Furthermore, numerous epidemiological studies have confirmed the anti-carcinogenic properties of green tea, with over half indicating that long-term consumption may lower the risk of certain types of cancer, especially gastrointestinal cancers such as colorectal, esophageal, liver, pancreatic and stomach cancer. There is also epidemiological evidence for the protective effects of green tea on breast, lung and prostate cancer.⁷⁹⁻⁸⁵

Apple extract - Apples have the second highest level of antioxidant activity compared to many other fruits commonly consumed in the U.S. Apples contain a variety of phytochemicals, including quercetin, rutin and catechin, all of which

are potent antioxidants. Laboratory research has shown that apples inhibit cancer cell proliferation, decrease lipid (fat) oxidation, and lower cholesterol. Epidemiological studies have linked apple consumption with a reduced risk of asthma, atopic dermatitis, cardiovascular disease, diabetes and some cancers, such as lung cancer. A study of female health professionals (nearly 40,000 women) found that those consuming apples had a 13–22% decrease in cardiovascular disease risk. Another study of over 38,000 women found that those who ate one or more apples per day had a significantly lower (28% less) risk of developing type 2 diabetes than those who consumed no apples. Plus, apple consumption has been linked to increased weight-loss, as well as increased lung function and lower incidence of respiratory allergy.⁸⁶⁻⁹⁰

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