



27 Super Healthy Products

(The blue ones are supplied by Plorina)

English / French / Latin (Bahasa) when different

1. Drumstick tree or "miracle tree" / Moringa / Moringa oleifera (Kelor) : super-nutritious-tree !
detox (arsenic), antioxidant, anti-inflammatory, blood sugar, cholesterol, hormone balancing, edema, liver, stomach, skin, hair, immunity, cancer, brain, bones, heart, asthma, kidneys, fertility, wound, eyes
2. Amla (Indian gooseberry) / Groseille indienne / Phyllanthus Emblica (Malaka) : super-berry !
antioxidant, anti-inflammatory, Vitamin C, immunity, aging, throat infection, blood sugar, heart, cholesterol, liver, brain, lungs, fertility, skin, hair, eyes, muscles, cancer, radiation, wound, fever, diarrhea, pain
3. Butterfly Pea Flower / Fleur de pois papillon / Clitoria Ternatea (Bunga Kembang Telang) : super-flower!
diuretic, digestion, dementia, headache, asthma, nervous system, irregular period, diabetes, cardiovascular conditions, light cold, insects and poisonous bites, eyes, skin, hair
4. Baking soda / Bicarbonate de soude / Pulvis Furnarius (Bubuk soda kue) : super-mineral !
cancer, chemotherapy, kidney, immunity, muscles, heart, heart-burn, bloating, flu, mouthwash, skin, deodorizer, detergent, fruit and vegetable cleaner, fire-extinguisher
5. Neem (Margosa tree) / Margousier / Azadirachta indica (Mimba) : super-tree !
immunity, dandruff, detox liver, constipation, bloating, cancer, malaria, blood sugar, fertility, anti-inflammatory, skin, acne, wound
6. Noni / Morinda citrifolia : super-fruit !
brain, anti-inflammatory, immunity, antioxidant, cancer, muscles, gout, heart, cholesterol, liver, skin, diabetes, pain, constipation
7. Activated charcoal / Charbon actif / Activated carbon (Arang aktif) : super-byproduct !
detox chemicals, bloating, diarrhea, cholesterol, teeth, hangovers, acne, skin, hair, bug bites, water and air purification
8. Collagen / Collagène / (kolagen) : super-protein !
hair, digestion, bones, nails, skin, hormones, aging, anti-inflammatory, eyes, teeth, gum, sleep, anxiety, stress, wound
9. Rosella / Hibiscus sabdariffa : super-flower !
antioxidant, cancer, immunity, vitamin C, cholesterol, bones, bowel, skin, cough, flu, teeth, gum, constipation, libido
10. Ecklonia cava : super-algae !
antioxidant, cholesterol, immunity, diabetes, anti-inflammatory, aging, heart, blood sugar, hair, brain, libido, stress



11. Turmeric (curcumin) / Curcuma / Zingiberaceae (kunyit) : super-spice !
anti-inflammatory, brain, antioxidant, gastric acidity, digestion, heart, gum infection, aging
12. Pygeum / Prunier d'Afrique / Pygeum, Prunus africanum : super-bark !
prostate, fertility, anti-inflammatory, urine, kidney, malaria, chest, stomach, libido
13. Bitter bush (Siam Weed) / Chromolaena Odorata (Daun Kopasanda): super-leave !
cyst, wound, diabetes, heart, cholesterol, lower blood pressure, ulcer, vertigo
14. Magnesium chloride / Chlorure de magnésium (Magnesium klorida) : super-chemical !
cell detox, skin, depression, brain, heart, hemorrhoid, kidney stone, muscles
15. Bee propolis / Propolis d'abeille / Propolim (Propolis lebah) : super-honey !
antioxidant, cancer, immunity, cold, throat, wound, liver, blood sugar, bones
16. Ginseng or "tree of life" / Ginseng rouge / Panax quinquefolius, Panax ginseng : super-root !
antioxidant, anti-inflammatory, brain, immunity, cancer, blood sugar, libido
17. Maidenhair / Ginkgo Biloba : super-tree-leave !
antioxidant, brain, blood circulation, eyes, anti-inflammatory, asthma
18. Zeolite / Zéolite clinoptilolite / Heulandite (Zeolit) : super-mineral !
detox radioactivity and heavy metals, cancer, immunity, blood sugar
19. Soursop graviola / Graviola de corossol / Annona muricata (sirsak graviola) : super-fruit !
antioxidant, cancer, respiratory, immunity, diabetes, rheumatics
20. Witch hazel / Hamamélis / Hamamelis virginiana (Penyihir tua) : super-plant !
anti-inflammatory, hemorrhoids, acne, skin, throat, immunity
21. Spirulina / Spiruline / Arthrospira platensis, Arthrospira maxima : super-algae !
detox heavy metals (arsenic), heart, sinus, brain, cancer
22. Red ginger / Gingembre rouge / Zingiberaceae (jahe merah) : super-spice !
anti-inflammatory, immunity, hearts, blood sugar, brain
23. Butcher's Broom / Balai de boucher / Ruscus aculeatus (Sapu daging) : super-shrub !
anti-inflammatory, hemorrhoids, blood circulation
24. Vitamin C (L-ascorbic acid) / Vitamine C (acide L ascorbique) : super-vitamin !
antioxidant, immunity, heart, cholesterol, skin
25. Artemisia Annu / Armoise naturelle : super-plant !
cancer, heart, breath, immunity, malaria, skin



26. Chlorella / Chlorella / Chlorella vulgaris : super-algae !
detox heavy metals, heart, brain, cancer

27. Nano CoQ10 (Coenzyme Q10) : super-enzyme !
brain, heart, antioxidant, anti-aging

Web references

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