CULTURE OF ORIGINS

PRIMITIVA was created by a group of loyal friends, who decided to make one of their common dream come true: grow ancient miracle trees and create a new range of healthy organic by-products.

In the North of Lombok at the foot of Rinjani volcano, on over 20 hectares of unspoiled soil sheltered by pure unpolluted air, PRIMITIVA develops responsible and sustainable agriculture, while associating ancestral methods and traditions of culture with modern

manufacturing equipment and processes.

PRIMITIVA highly benefits from the unique knowledge and know-how of local inhabitants and farmers. And we all make use of the best business ethics and social practices to embrace and enhance local cultural values.

While balancing our impact on the environment through the most sustainable use of local resources, we strive to maximize the virtues of our world class bio-agricultural products for your health, likewise to preserve our planet's wealth.







































CULTURE OF ORIGINS

Our Ranges







PILL

POWDER

TEA























CULTURE OF ORIGINS

Sto 300 300







MORINGA LEAF

Moringa, «The Miracle Tree» is a real nutritional source, which is composedmore than 90 nutrients, 47 antioxidants, 25 vitamins and the 8 essential amino acids.

This superfood has been used as a traditional remedy in phytomedicine and ayurvedic healing for thousands of years.

Super-Food, moringa is one of the plants the richest in nutrients to maintain a healthy and strong body.

It's also packed with antioxidants, substances that can protect cells from damage and may boost your immune system. There's some evidence that some of these antioxidants can also lower blood pressure and reduce fat in the blood and body.



PILL



POWDER



TEA



Health Booster

Super nutritional food

Superfood, Moringa is one of the richest nutrient plants for maintaining a healthy and strong body.

Balances hormonal system

Moringa has also been linked to improved thyroid health, which controls hormones related to energy, sleep, and digestion.

Regulates emotional state

Moringa helps in treating depression, anxiety, and fatigue.

Anti-Aging

Moringa is particularly rich in antioxidants: vitamins A, C, E, and many polyphenols. These compounds protect our body against cellular aging and chronic conditions.

Improves breast milk quality

Moringa increases estrogen production, which in turn stimulates the proliferation of the mammary gland ducts to produce milk.

Cardiovascular system protection Moringa helps control the level of lipids

Moringa helps control the level of lipids in the blood, as well as to fight plaque formation in the arteries.

Blood sugar control

Moringa is effective in reducing lipid and glucose levels, as well as regulating oxidative stress in patients with diabetes.

Improve erection

Moringa is recognized as an aphrodisiac plant and resolves common problems of sexual performance such as erectile dysfunction.

GOOD

Anemia, Anti-aging, Anti-bacterial, Anti-microbial, Antifungal, Antiseptic, Anxiety, Aphrodisiac, Asthma, Bone, Cholesterol, Constipation, Depression, Diabetes, Edema, Emotion, Erection, Eyesight, Fatigue, Hair, Heart, Hormon, Hypertension, Inflammation, Kidney, Lactation, Liver, Skin, Stomach, Stress, Weight, Wounds







POWDER

CULTURE OF ORIGINS

Sto 300 300







MORINGA ROOT-

Moringa, «The Miracle Tree» is a real nutritional source, which is composedmore than 90 nutrients, 47 antioxidants, 25 vitamins and the 8 essential amino acids.

Super-Food, moringa is one of the plants the richest in nutrients to maintain a healthy and strong body.

Moringa Oleifera Roots are known for their antibiotic properties and based on that, they are used to treat variety of conditions and illnesses like Asthma, Circulatory / Endocrine Disorders, Digestive Disorders, Gastritis, Inflammation, Rheumatism, Nervous Disorders, Reproductive Health, Skin Disor-

Some medical studies have been able to prove that some compounds in Moringa Oleifera roots can be successfully used in ovarian cancer treatment, as well as some hormonal properties to help with blood glucose level and Thyroid problems.



PILL





Anti-inflammatory

Reduces rheumatism and articular pains Studies showed significant evidence that traditional uses of Morninga were particularly effective in treating arthritic pain and inflammation.

Internal and external anti-inflammatory Moringa root contains anti-inflammatory principle that may be useful in the treatment of the acute inflammatory conditions.

Reduces urinary system disorders Moringa root contains high levels of antioxidants that might aid toxicity levels in the kidneys.

Natural contraceptive

It is used by women in the more rural parts of India as a form of permanent contraception.

Nervous system balancing

Moringa root is traditionally used for the treatment of epilepsy and neurologic conditions.

Cardiovascular system protection Moringa root helps prevent cardiac damage and has also been shown to maintain a healthy heart.

Prevents asthma attack

Moringa root helps reduce the severity of certain asthma attacks and protect against bronchial constrictions.

Reduces acne and eczema

Moringa root fights skin infection with its antiseptic and anti-inflammatory properties, repairs damaged skin cells with Vitamin C.



Acne, Anti-inflammatory, Arthritis, Asthma, Contraception, Eczema, Heart, Kidney, Nerve, Rheumatism







Sp. 31 1.02





AMLA

Amla also known as Indian gooseberry has been one of the most popular superfoods among health enthusiasts. In fact, with an increase in inclination towards healthy living, Amla has been one of the most widely consumed Indian berry. Amla is an powerful immunity booster.

It has eight times more vitamin C than an orange, around 17 times that of a pomegranate. Amla, which derives its name from the Sanskrit word 'Amlaki' meaning "nectar of life", can protect us against countless

ailments, be it the common cold, cancer, or infertility. Ayurveda doctors claim that amla can help balance the three doshas (Kapha/vista/pitta) in the body and eliminate the underlying cause of many diseases.

"Amla is a very special fruit full of antioxidants that are effective in reducing the cell damage which reduces the free radicals that can cause disease in the body", says Dr. Komal Bhadouria, Nutritionist, SCI International Hospital, New Delhi.



PILL



POWDER



TEA



Hormonal Strength

Boosts immune system

It helps boost your immunity, metabolism, and prevents viral and bacterial illnesses including colds and coughs.

Prevents cardiovascular disease

Taking Amla regularly can reduce the risk of a heart attack and lower blood pressure.

Balances cholesterol levels

Amla fiber is essential for controlling high cholesterol in the body.

Keeps the liver healthy

Amla allows the liver to perform its normal function by removing all blockages and infections from the liver.

Balances blood sugar

Amla has excellent properties for treating diabetes and improving liver function when consumed regularly.

Emotions Balancing

Fighting against stress is one primary Amla uses, and it reduces the stress levels when taken regularly.

Burns fat

Amla can bring significant results in the reduction of weight.

Good for skin, hair and eyes

Amla helps stain skin, healthy glowing skin and a proven hair tonic and helps with dandruff issues.



Anti-inflammatory, Blood detoxifier, Cholesterol, Cold, Constipation, Cough, Depression, Diabetes, Emotion, Eyesight, Fat, Hair, Heart, Hormon, Immunity, Liver, Skin, Stomach, Stress, Ulcer, Weight







POWDER

PRIMITIVA CULTURE OF ORIGINS **BADAN POM**

Sp. 31 1.02





NEEM

In the world of Ayurveda, Neem is a popular medicinal herb that's been part of traditional remedies that date back almost 5000 years. Also known as Azadirachta Indica in English or 'Neemba' in Sanskrit, the neem tree is a really good example of how nature holds both the problem and the cure. It's home to more than 130 different biologically active compounds! No wonder it's such an effective anti-viral and anti-bacterial, along with being a powerful immuno-stimulant. Neem leaves is the treatment of vaata disorders or neuromuscular pains. Then come the other benefits: purify the blood, prevent damage caused by free radicals in the body, remove toxins, treat insect bites and ulcers. The vitamins and fatty acids in Neem improve and maintain the elasticity of the skin, reduce wrinkles and fine lines. This make you and your skin look rejuvenated and youthful. Neem leaves have anti-bacterial properties which is why it works wonders on infections, burns and any kind of skin problems. It destroys the bacteria that causes infections, stimulates the immune system and encourages rapid healing.





Powerful Disinfectant

Anti-bacterial / Anti-viral

Neem has antimicrobial effects and may be effective against several types of bacteria, viruses,

Cleans blood and cells

Neem clears free radicals from blood, it acts as a purifying agent. Enhances the blood circulation, regulates the hormonal levels.

Digestive system detox

Neem leaves treats digestive disorders like gas and constipation.

Antifungal and wormer

Fight common fungal diseases including: black spot. One of the most effective antiparasitic treatments.

Skin disinfectant dan soothing

By applying neem leaves paste you can get rid of dark eye circles and other skin irritations. That gives complexion, healthy and beautiful skin.

Health of the respiratory system

It also prevents cough and breath problems.

Reduces acne and eczema

Neem also reduces acne. Relieve skin dryness, skin itchiness and redness. It prevents pimples and skin blemishes.

Natural contraceptive

Neem shows a reversible male anti-fertility action, without inhibition of spermatogenesis.



Acne, Anti worm, Anti-bacterial, Anti-viral, Antifungal, Arthritis, Blood detoxifier, Contraception, Dandruff, Diabetes, Digestion, Eczema, Eyesight, Hair, Lung, Respiratory system, Skin, Stomach, Wound healer





Sto 300 300





ROSELLA

Rosella has been used as a therapeutic plant for centuries.

The flowers contain 260-280 mg of vitamin C, vitamin D, B1 and B2 in each 100 grams. Rosella tea itself contains very high calcium, approximately 486 mg per 100 grams. It also contains Magnesium, Omega 3, Vitamin A, Iron, Potassium, Beta Carotene and Essential Acids.

In traditional medicine, Rosella is known to

increase stamina and endurance, help with detoxification (neutralizing poison) as well as lowering blood pressure, blood sugar levels, uric acid and cholesterol in the body. Helps to treat a cough, sore throat and canker sores, yet can also soothe a migraine. Ex-smokers benefit from drinking rosella tea, as it can reduce the negative impact of nicotine and reduce dependence on drugs.

BADAN POM



PILL



POWDER



TEA



Heart Care

Reduces hypertension and cholesterol
One of the health benefits of Rosella is
lowering blood pressure. So, consuming
Rosella flowers regularly can maintain
the health of metabolism, because blood
pressure is one of factor disrupt the
body's metabolism.

Improves blood circulation

The daily consumption of Rosella acts on the improvement of the blood circulation. It is recommended to relieve pain in heavy legs.

Immunity system build-up

Rosella can help us get many nutrients that are useful for immune enhancement. Eating Rosella on a regular basis is great for boosting immunity system.

Powerful antioxydant

Rosella is rich in powerful antioxidants. It acts against free radicals, and stimulates the antioxidant defenses of the body.

Against osteoporosis

Rosella strengthens bone mass and prevents bone decalcification.

Burns fat

Rosella helps to burn fat, and therefore act on weight loss.

Reduces stress

Rosella has soothing effects. It is therefore strongly recommended to reduce stress.

Soothes coughs and colds

Rosella, with a calming function that works well for relieving coughs and colds.

GOOD

Anti-bacterial, Anti-Inflammatory, Anti-oxydant, Aphrodisiac, Arthritis, Blood circulation, Cholesterol, Cold, Constipation, Cough, Digestion, Fat, Healthy Pregnancy, Heart, Hypertension, Immunity, Leg, Liver, Menstrual, Osteoporosis, Stress, Weight







POWDER

PRIMITIVA J

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TURMERIC

The root of turmeric is used widely to make medicine. It contains a yellow-colored chemical called curcumin, which is often used to color foods and cosmetics.

Turmeric is used for arthritis, heartburn (dyspepsia), joint pain, stomach pain, Crohn's disease and ulcerative colitis, bypass surgery, hemorrhage, diarrhea, intestinal gas, stomach bloating, loss of appetite, jaundice, liver problems, Helicobacter pylori (H. Pylori) infection, stomach ulcers, irritable bowel syndrome (IBS), gall-bladder disorders, high cholesterol, a skin condition called lichen planus, skin inflammation from radiation treatment, and fatigue.

It is also used for headaches, bronchitis, colds, lung infections, fibromyalgia, leprosy, fever, menstrual pro-

blems, itchy skin, recovery after surgery, and cancers. Other uses include depression, Alzheimer's disease, swelling in the middle layer of the eye (anterior uveitis), diabetes, water retention, worms, an autoimmune disease called systemic lupus erythematosus (SLE), tuberculosis, urinary bladder inflammation, and kidney problems.

BADAN POM

Some people apply turmeric to the skin for pain, ringworm, sprains and swellings, bruising, leech bites, eye infections, acne, inflammatory skin conditions and skin sores, soreness inside of the mouth, infected wounds, and gum disease.

Turmeric is also used as an enema for people with inflammatory bowel disease.



PILL



POWDER



Anti Aging

Improves brain fonction

It may be effective in delaying or even reversing many brain diseases and age-related decreases in brain function.

Strengthens Bones

Turmeric helps to build and repair bone mass in the elderly.

Antioxidant

Curcumin has a double effect against free radicals. It blocks them and it stimulates the antioxidant defenses of the body.

Anti-inflammatory

Curcumin is strongly anti-inflammatory. In fact, it's so powerful that it matches the effectiveness of some anti-inflammatory drugs, without the side effects.

Reduces risk of heart disease

Curcumin when it comes to heart disease is improving the function of the endothelium, which is the lining of your blood vessels.

Relieves rheumatism

Curcumin, which has anti-inflammatory properties that may benefit people with rheumatoid arthritis.

Relieves stomach pain

Anti-inflammatory and anti-bacterial compounds of turmeric relieve stomach pain, and restore intestinal flora.

Improves digestion

Turmeric helps balance levels of bacteria, supporting a healthy digestive function.



Alzheimer, Anti-aging,
Anti-inflammatory, Anti-oxydant,
Arthritis, Asthma, Bone, Brain,
Cholesterol, Depression, Diabetes,
Digestion, Eye, Glaucoma, Heart,
Immunity, Rheumatism, Skin,
Spasm, Stomach





CULTURE OF ORIGINS







SIAM WEED

Siam Weed leaf is found to be a highly efficacious medicinal herb according to the traditional medicinal systems. The same is proved by its pharmacological evaluation performed by scientific community across the world.

In traditional medicine, the leaf is used as a many remedy, including astringent, antispasmodic, antihypertensive, powerful antioxidants, anti-inflammatory, antimicrobial activity, against staphylococci, diuretic, anti-diarrheal, anti-ulcer agent, reduces fever and heart tonic.

The Siam Weed a traditional herbal treatment in some countries for burns, soft tissue wounds and skin infections, treatment of wounds. A formulation prepared from the aqueous extract of the leaves has been licensed for clinical use in Vietnam.

Inhibition of collagen lattice by fibroblasts.



PILL



POWDER



Heart and Blood Care

Phenols - Alkaloids - Triterpenoids - Tannins - Flavonoids - Limonen

Siam Weed has been used in traditional medicine systems for its healing properties for centuries. Several studies to date have revealed its medicinal properties which have led to an enhancement of the plant's image as a medicinal herb. It exhibits anti-inflammatory, anti-pyretic, analgesic, anti-microbial, cytotoxic, and many other medicinal properties that are relevant on a large enough scale to lower blood pressure

Decreased cholesterol level hemostatic healing & wounds fighting itching & eczema, anti parasitic / fongical / anti-inflammatory / analgesic microbes. Prevents diabetes.



Analgesic, Anti-bacterial,
Anti-convulsant, Anti-hepatotoxic,
Anti-inflammatory, Anti-microbial,
Anti-oxidants, Antiparasitic,
Cholesterol, Cyst, Diabetes,
Eczema, Fever, Heart,
Hypertension, Kidney, Ovary, Pain
Reliever, Skin, Ulcer, Vertigo,
Wound







CULTURE OF ORIGINS

3000







BUTTERFLY PEA

Butterfly Pea flower is noted from its many culinary uses and has been used in Ayurveda as well as traditional Asian and Middle Eastern medicine for centuries.

Its health benefits (improved memory, balanced mood, and a healthy immune system) are increasingly supported by modern science.

This flower is known to promote vitality and healthy ageing. It is chock full of antioxidants, including pro anthocyanidin (which supports skin collagen and elasticity) and anthocyanin (sup-

ports hair and eye health).

Both of these ingredients help promote the overall healthy life cycle of your cells.

Blue Butterfly Pea is a notable nerve tonic, and provides support to the digestive, circulatory, and central nervous systems. The key ingredient in this flower is anthocyanins (antidiabetic, anticancer, anti-inflammatory, antimicrobial, and anti-obesity effects, as well as prevention of cardiovascular diseases).



PILL



TΕΔ



Calming & Cognitive Health

Antioxidant - Anti-aging

BP's flavonoids, anthocyanins, and phenolic compounds activate antioxidant activity, which helps reduce oxidative stress caused by free radicals that cause disease and age.

Good for Brain Health

A research concluded that the antioxidants found in blue tea boost brain power, increase cognitive skill and memory, and are good for the central Nervous system (CNS).

Anti-inflammatory / Analgesic properties Anti-inflammatory properties, which not only help reduce inflammation but also protect against a number of chronic diseases.

Against Stress, Anxiety & Depression The antioxidants in Butterfly Pea have been shown to improve mood and relax nerves, allowing for a good night's sleep.

Against diabetes & cholesterol

BP has been shown to regulate blood sugar levels and lower blood glucose levels. Studies have found BP to be effective in lowering high cholesterol levels-a major risk factor for heart disease. Fights hyperlipidemia.

Anti-microbial / Antifungal properties In several Indian studies, Butterfly Pea exhibited significant anti-microbial effects and antifungal activity.

Anti-convulsant

BP reduces the severity and stress on the body from convulsions useful in treating epilepsy.

Improves eyesight / hair growth / skin BP is useful in the treatment of glaucoma, blurred vision, retinal damage, or tired eyes. BP can promote hair growth and reduce graying of hair. BP stimulates the synthesis of collagen and elastin, which helps rejuvenate the skin and reduce wrinkles and other signs of aging.



Analgesic, Anti-aging,
Anti-convulsant,
Anti-inflammatory, Anti-microbial,
Anti-oxidant, Antifungal, Anxiety,
Asthma, Brain, Calming, Cholesterol,
Cognitive Health, Collagen,
Depression, Diabetes, Diuretic,
Eyesight, Glaucoma, Hair, Headache,
Heart, Hypertension, Immunity,
Memory, Migraine, Nerve, Retina,
Skin, Stress







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GINGER

Ginger belongs to the Zingiberaceae family. It is native to Southeast Asia and then used in many countries as a spice and condiment to add flavor to foods. Ginger rhizome has used in traditional herbal medicine. The healthy outlook of ginger is attributed to its rich phytochemistry. Two broad categories, namely volatiles and non-volatiles. Volatiles include sesquiterpenes and monoterpenoids providing the distinct aroma and taste of ginger. In contrast, the non-volatile pungent compounds include gingerols, shogaols, paradols, and zingerone.

Ginger has promising potential to treat a number of diseases, including degenerative disorders (arthritis and rheumatism), digestive health (indigestion, constipation and ulcer), cardiovascular disorders (atherosclerosis and hypertension), vomiting, diabetes mellitus. and cancer. It also has anti-inflammatory and anti-oxidant properties to control the aging process. In addition, it also has antimicrobial potential which can help treat infectious diseases. The generation of free radicals or reactive oxygen species during metabolism beyond the antioxidant capacity of a biological system results in oxidative stress, which plays a vital role in heart disease, disease neurodegenerative,

cancer and the aging process. Bioactive molecules in ginger like gingerols have shown antioxidant activity in various modules.

Inflammatory disorders such as gastritis, esophagitis and hepatitis, which are caused not only by infectious agents such as viruses, bacteria and parasites, but also by physical and chemical agents such as heat, I acid, cigarette smoke and foreign objects are known to be at risk. cancer factors in humans. Consuming ginger before exercise may reduce natural quadriceps muscle pain during moderate-intensity cycling exercises. This effect may be due to the anti-inflammatory effect of ginger.



PILL



POWDER



Antioxidant & anti-inflammatory

Helps lower cholesterol & blood sugar Ginger lowers LDL cholesterol and triglycerides (they are the main cause of heart disease). It lowers blood sugar levels in people with Type 2 diabetes.

Decreases pain and inflammation

Ginger contains an anti-inflammatory substance known as gingerol which can help treat chronic or acute pain.

Reduces rheumatism & articular pains Reduces inflammation of joints, arthritic conditions. Studies showing ginger to be effective at reducing symptoms of osteoarthritis, especially osteoarthritis of the knee.

Helps fight infections

Ginger inhibits the growth of many types of bacteria. It is very effective against oral bacteria linked to inflammatory gum disease, such as gingivitis and periodontitis.

Eases menstrual pains

Women who experience severe pain during menstruation may find some relief with the consumption of ginger.

Helps prevent gastric ulcers

Ginger inhibits the growth of H. Pylori and may prevent the onset of stomach ulcers.

Aids in digestive function

Ginger stimulates the production of bile and saliva and increases mobility in the digestive tract. Those who suffer from indigestion will find relief.

Reduces nausea

Ginger relieve stomach pain. It works by separating and eliminating the gases that have built up in your intestines. Helps calm seasickness or nausea caused by chemotherapy.

GOOD

Alzheimer, Anti-bacterial, Anti-Inflammatory, Anti-oxidant, Aphrodisiac, Arthritis, Cardiovascular, Cholesterol, Cold, Diabetes, Flu, Headache, Heart, Indigestion, Lung, Menstrual, Nausea





CULTURE OF ORIGINS







JAMU

Widely Used for its Anti-Inflammatory Properties

Turmeric contains curcumin which reduces swelling, pain, headaches, and osteoarthritis. Use it for inflammatory bowel disease, itching, stress, and depression too.

Promotes Good Heart Health

Contribute to a better, livelier heart. Prevents heart attacks and diabetes while tamarind, the thick gooey edible fruit, reduces blood sugar level and promotes good cardiovascular health due to its potassium content. It's lowers blood pressure and is great for both heart and eye health due to its naturally high levels of antioxidants. Ginger lowers cholesterol levels.

High in Antioxidants

Jamu treats your body and mind holistically, replenishing your body with lots of powerful minerals and vitamins for optimal vitality and energy levels. Tamarind is rich in organic compounds, making it a frontrunner for its high antioxidant content. Contains a high level of antioxidants, while lime rejuvenates your skin, boost your vitamin C levels, and help with iron absorption.

Natural Detox for Liver and Kidneys

Jamu can help with reseting some of that accumulated toxins in your body. Ginger, turmeric, and tamarind are all excellent ingredients to help detoxify your liver and kidneys, purifying you from the inside-out to unleash your natural immunity and power. Ginger also replenishes your body's levels of iron, sodium, vitamins A and C, flavonoids and phytonutrients.

Boosts Digestion and Well-Being

Source of dietary fibre, which binds to toxins, bile salts and surplus cholesterol, and then detoxifying them out of the body safely and cleanly. It is a gently aiding digestion and alleviating stomach discomforts due to constipation. It is also sometimes termed the «slimming fruit» due to its effectiveness in weight loss practices. Ginger also promotes healthy weight and helps digestion. Lastly, soothes many minor ailments, reducing cough symptoms, and promote better sleep. Jamu truly heals you inside and out, giving you a calmer peace of mind and glowing skin!



PILL



POWDER



Maintains Good Health

Anti-Inflammatory Properties

Turmeric contains curcumin which reduces swelling, pain, headaches, and osteoarthritis. Jamu decreases inflammatory bowel disease, itching, stress and depression.

Promotes Good Heart Health

Good for the heart. It helps lower blood pressure and is great for heart health and eyesight due to its high levels of antioxidants. Ginger lowers cholesterol levels.

Rich in Antioxidants

Jamu treats your body and mind holistically (holistically), strengthens your body with lots of minerals and vitamins. Jamu is rich in organic compounds and antioxidants which aid in the removal of free radicals which damage cells in the body.

Natural Detox for the Liver and Kidneys

Jamu cleanses the toxins accumulated in your body. Temulawak, ginger, and turmeric are all great ingredients to help detoxify your liver and kidneys, cleanse from the inside out to boost your immunity. Ginger restores levels of iron, sodium, vitamins A and C, flavonoids, and phytonutrients.

Stimulates Digestion and Well-Being Dietary fiber removes toxins, bile salts and excess cholesterol. It helps digestion

and excess cholesterol. It helps digestion and relieves stomach pain. Soothes many minor ailments, reduces cough symptoms and promotes better sleep.

Jamu cleanses you inside and out, giving you peace of mind and glowing skin.



Alzheimer, Anti-aging, Anti-inflammatory, Anti-oxydant, Arthritis, Asthma, Bone, Brain, Cholesterol, Depression, Diabetes, Digestion, Eye, Glaucoma, Heart, Immunity, Rheumatism, Skin, Spasm. Stomach

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800 300





ACTIVE SUBTANCES MORINGA LEAF

Moringa leaf contains several active ingredients beneficial to health, as well as a complex chemical composition including various phytochemicals. Here is a detailed analysis of the main active ingredients and the chemical composition of moringa leaf:

Active ingredients beneficial to health:

- To. Antioxidants: Moringa leaves are rich in antioxidants, such as flavonoids (quercetin, kaempferol, luteolin, etc.) and polyphenols (phenolic acids such as chlorogenic acid, caffeic acid, etc.). These antioxidants help neutralize free radicals in the body, thereby protecting cells against oxidative damage and helping to prevent cardiovascular disease, cancer and premature aging.
- b. Anti-inflammatory compounds: Moringa leaf contains anti-inflammatory compounds such as isothiocyanates (like 4-(-L-rhamnopyranosyloxy)benzyl isothiocyanate) and phenolic acids. These compounds can reduce inflammation in the body, which is beneficial for joint health, immune function and the prevention of inflammatory diseases.
- c. Amino acids: Moringa leaves contain a significant amount of amino acids, including essential amino acids such as leucine, isoleucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. Amino acids are the building blocks of protein and play a vital role in growth, tissue repair and proper body function.
- d. Essential Nutrients: Moringa leaves are rich in essential vitamins, including vitamin A (as beta-carotene), vitamin C, vitamin E, vitamin K, and certain B vitamins (thiamin, riboflavin, niacin, vitamin B6, folic acid). They are also a good source of minerals such as calcium, potassium, magnesium, iron and zinc.
- e. Dietary fiber: Moringa leaves are rich in dietary fiber, including soluble and insoluble fiber. Dietary fiber aids digestion, regulates bowel movement, promotes satiety and can help maintain stable blood sugar levels. They are also beneficial for cardiovascular health and the prevention of metabolic diseases.

- To. Glucosinolates: Moringa leaves contain glucosinolates, such as benzyl glucosinolate and isothiocyanate glucosinolate. These compounds have health-promoting properties, including potential antioxidant, anti-inflammatory, and anti-cancer effects.
- b. Terpenoids: Moringa leaves contain terpenoids, such as beta-sitosterol, campesterol, stigmasterol and beta-carotene. These compounds are known for their beneficial antioxidant, anti-inflammatory and cardiovascular effects.
- c. Alkaloids: Some studies have identified the presence of alkaloids in moringa leaves, such as moringine and moringinine. These compounds have demonstrated antioxidant, anti-inflammatory and anti-bacterial properties.
- d. Saponins: Moringa leaves contain saponins, including oleanolic acid and ursolic acid. Saponins have shown potential antioxidant, anti-inflammatory and anticancer activities.
- e. Fatty acids: Moringa leaves contain various fatty acids, including oleic acid, palmitic acid, and linoleic acid. These unsaturated fatty acids are important for cardiovascular health and can help lower cholesterol.



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ACTIVE SUBTANCES AKAR KELOR

Moringa root also contains active ingredients beneficial to health, although its chemical composition is different from that of the leaves. Here is a detailed analysis of the main active ingredients and the chemical composition of moringa root:

Active ingredients beneficial to health:

- To. Anti-inflammatory compounds: Moringa root contains anti-inflammatory compounds such as isotiocyanates (sulforaphane, benzyl isothiocyanate) and phenolic acids. These compounds may help reduce inflammation in the body, which may benefit joint health and the prevention of inflammatory diseases.
- b. Antioxidants: Moringa root contains antioxidants such as flavonoids, polyphenols, and vitamin C. These antioxidants help neutralize free radicals, thereby reducing oxidative stress and protecting cells from damage. They are associated with the prevention of cardiovascular disease, cancer and premature aging.
- c. Bioactive Compounds: Moringa root contains certain bioactive compounds, such as pterygospermine and pterygosperminidine. These compounds have shown antimicrobial and antifungal properties, which may help fight bacterial and fungal infections.
- d. Dietary fiber: Moringa root also contains dietary fiber, although in lesser amounts than the leaves. Dietary fiber can help support healthy digestion, regulate blood sugar levels, and maintain a healthy weight.

- To. Alkaloids: Moringa root contains alkaloids, including moringine and moringinine. These compounds have demonstrated antimicrobial and antiparasitic properties, and may also exhibit analgesic effects.
- b. Saponins: Saponins are present in moringa root and are known for their potential antimicrobial and anti-inflammatory properties.
- c. Polyphenols: Polyphenols, such as phenolic acids (caffeic acid, ferulic acid) and flavonoids, are also present in moringa root. These compounds have antioxidant properties and may help protect against chronic disease.
- d. Glucosinolates: Although present in lower amounts than in the leaves, some glucosinolates can also be found in moringa root, including benzyl glucosinolate and isothiocyanate glucosinolate.
- e. Fatty acids: Moringa root contains fatty acids, such as oleic acid and stearic acid. These fatty acids may contribute to cardiovascular health and have beneficial effects on cholesterol levels.
- f. Polysaccharides: Polysaccharides, such as galactomannans, have been identified in moringa root. These compounds may have prebiotic effects, promoting the growth of good gut bacteria and supporting digestive health.
- g. Minerals: Moringa root also contains minerals such as calcium, magnesium, potassium, and zinc, although generally in lower amounts than in the leaves.



Sp. 35 . 12





ACTIVE SUBTANCES AMLA FRUIT

Amla fruit, also known as Amalaki or Indian gooseberry, is renowned for its many health benefits. Here is a detailed analysis of the main active ingredients and the chemical composition of the Amla fruit:

Active ingredients beneficial to health:

- To. Vitamin C: Amla fruit is exceptionally rich in vitamin C. In fact, it contains up to 20 times more vitamin C than oranges. Vitamin C is a powerful antioxidant that helps support the immune system, protection against oxidative damage, collagen synthesis and skin health.
- b. Antioxidants: Amla fruit is rich in antioxidants, such as flavonoids (quercetin, kaempferol) and tannins. These antioxidants help neutralize free radicals, reducing cell damage and helping to prevent cardiovascular disease, cancer and premature aging.
- c. Amino Acids: Amla fruit contains a variety of essential amino acids including serine, proline, glycine, and alanine. Amino acids are essential for growth, tissue repair and protein synthesis in the body.
- d. Polyphenols: Amla fruit contains a significant amount of polyphenols, such as gallic and ellagic acids. These compounds have potential antioxidant, anti-inflammatory and anti-cancer properties, thus contributing to overall health.
- e. Dietary fiber: Amla fruit is a good source of dietary fiber. Fiber aids in digestion, promotes satiety, regulates bowel movement and can help maintain stable blood sugar levels. They are also beneficial for heart health and the prevention of metabolic diseases.

- To. Organic acids: Amla fruit contains various organic acids, including ascorbic acid (vitamin C), ellagic acid, gallic acid, malic acid, and citric acid. These acids impart health-promoting properties, including antioxidant and anti-inflammatory effects.
- b. Vitamins and Minerals: Besides vitamin C, Amla fruit contains other essential vitamins such as vitamin A, vitamin E, vitamin B-complex (thiamin, riboflavin, niacin) and minerals such as calcium, phosphorus and iron.
- c. Tannins: Amla fruit is rich in tannins, which are plant compounds responsible for its slightly astringent taste. Tannins have antioxidant, anti-inflammatory and antibacterial properties. They are also associated with beneficial effects on cardiovascular health and protection against certain types of cancers.
- d. Carotenoids: Amla fruit contains carotenoids such as lutein and zeaxanthin. These compounds are important for eye health and may help prevent age-related eye diseases, such as macular degeneration.
- e. Phytosterols: Phytosterols are present in Amla fruit. These plant compounds are structurally similar to cholesterol and may help reduce cholesterol absorption in the gut, which may help maintain healthy cholesterol levels.
- f. Fatty acids: Amla fruit contains a small amount of fatty acids, mainly unsaturated fatty acids such as linoleic acid and oleic acid. These fatty acids are beneficial for cardiovascular health and can help lower cholesterol levels.
- g. Other compounds: Amla fruit also contains other bioactive compounds such as glucosinolates, flavonoids and pectins. These compounds contribute to the antioxidant, anti-inflammatory and immuno-modulatory properties of the fruit.



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ACTIVE SUBTANCES NEEM LEAF

Neem leaf, also known as neem, is renowned for its medicinal properties and health benefits. Here is a detailed analysis of the main active ingredients and chemical composition of neem leaves:

Active ingredients beneficial to health:

- a. Azadirachtin: Azadirachtin is one of the main active compounds found in neem leaves. It has antiparasitic, antifungal, and insect repellent properties, making it a commonly used ingredient in insect and pest control products.
- b. Limonoids: Neem leaves contain limonoids, such as azadirachtin, nimbidine, and salannine. These compounds have antioxidant, anti-inflammatory, anticancer and antimicrobial properties, thus contributing to overall health.
- c. Flavonoids: Neem leaves contain flavonoids, such as quercetin, kaempferol and rutin. Flavonoids are powerful antioxidants that can help reduce inflammation, protect cells from oxidative damage, and support cardiovascular health.
- d. Fatty acids: Neem leaves contain various fatty acids, such as oleic acid, linoleic acid, and stearic acid. These unsaturated fatty acids are beneficial for heart health and can help lower cholesterol levels.
- e. Polyphenols: Polyphenols, such as gallic acids, catechins, and quercetins, are present in neem leaves. These compounds have antioxidant, anti-inflammatory and antimicrobial properties, helping to protect against chronic disease and infection.
- f. Saponins: Neem leaves also contain saponins, which have potential antioxidant, anti-inflammatory, and antimicrobial properties.

- a. Alkaloids: Neem leaves contain alkaloids such as nimbidine, nimbine, and gedunine. These alkaloids have antiparasitic, antifungal and antibacterial properties.
- b. Polysaccharides: Neem leaves contain polysaccharides, which may have immune-modulating effects and help boost the immune system.
- c. Vitamins and minerals: Neem leaves contain vitamins, including vitamin C, and minerals such as calcium, magnesium, and potassium.
- d. Dietary fiber: Neem leaves contain dietary fiber, which is beneficial for digestion, regulating bowel movements, and overall gastrointestinal health. Dietary fiber can also help with weight control and the prevention of cardiovascular disease.
- e. Amino acids: Neem leaves contain a range of essential and non-essential amino acids, which are the building blocks of protein. Amino acids are important for growth, tissue repair, immune system function, and many other biological processes.
- f. Trace Minerals: Neem leaves also contain essential trace minerals such as iron, zinc, copper, and manganese, which are needed in small amounts to support various physiological and metabolic processes.
- g. Other Compounds: Neem leaves also contain other bioactive compounds such as tannins, triterpenes, and flavonols, which contribute to their medicinal and antioxidant properties.



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ACTIVE SUBTANCES BUTTERFLY PEA FLOWER

The butterfly pea flower, scientifically known as Clitoria ternatea.

Active ingredients beneficial to health:

- a. Anthocyanins: Butterfly pea flowers are rich in anthocyanins, plant pigments responsible for their distinctive blue color. Anthocyanins are powerful antioxidants that may help protect cells against oxidative damage, support cardiovascular health, and play a potential role in the prevention of certain chronic diseases.
- b. Flavonoids: Butterfly pea flower contains various flavonoids, such as quercetin and kaempferol. These compounds have antioxidant, anti-inflammatory and antimicrobial properties, and may contribute to overall health.
- c. Alkaloids: Some butterfly pea flowers contain alkaloids such as clitori and ternatin. Alkaloids are natural chemical compounds that can have pharmacological effects, such as antispasmodic and analgesic properties.
- d. Butterfly pea flower is known for its potential properties as an adaptogen, meaning it can help lessen the effects of stress on the body.
- e. Additionally, some researchers suggest that butterfly pea flower may influence neurotransmitters in the brain, such as serotonin and dopamine, which play a role in regulating mood and stress.

- a. Anthocyanins: The anthocyanins present in the butterfly pea flower include cyanidin, delphinidin, and petunidin, which give the flower its blue or purple color.
- b. Flavonoids: Besides anthocyanins, butterfly pea flower contains other flavonoids, including quercetin, kaempferol, and isorhamnetin. These compounds have health benefits, including antioxidant and anti-inflammatory properties.
- c. Amino acids: Butterfly pea flower contains essential amino acids such as leucine, isoleucine and valine, which are necessary for protein synthesis and for many metabolic processes.
- d. Dietary fiber: Butterfly pea flowers contain dietary fiber, which is beneficial for digestion, the regulation of intestinal transit and overall digestive health.
- e. Proteins and minerals: Butterfly pea flower also contains proteins and minerals such as calcium, iron, magnesium, and potassium, which are important for the proper functioning of the body.
- f. Other compounds: Butterfly pea flower also contains other compounds such as tannins, phytosterols and unsaturated fatty acids, which may have health benefits.



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ACTIVE SUBTANCES GINGER

Ginger (Zingiber officinale) is a plant widely used in cooking and traditional medicine. Here is a detailed analysis of the main active ingredients and the chemical composition of ginger:

Active ingredients beneficial to health:

- a. Gingerols: Gingerols are the main bioactive compounds in ginger. They have anti-inflammatory, antioxidant, anticancer and antimicrobial properties. Gingerols can help reduce inflammation, relieve muscle and joint pain, improve digestion and boost the immune system.
- b. Shogaols: Shogaols are compounds derived from gingerols, formed during the drying or cooking of ginger. They exhibit properties similar to gingerols and may have additional effects in suppressing pain and inflammation.
- c. Paradols: Paradols are phenolic compounds found in ginger. They have shown potential antioxidant and anticancer properties, as well as positive effects on cardiovascular health.
- d. Zingiberene: Zingiberene is a terpene compound found in ginger. It has anti-inflammatory and antioxidant properties, and may also help relieve symptoms of nausea and digestive issues.
- e. Gingerolenoids: Gingerolenoids are a group of compounds found in ginger that have shown antioxidant and anti-inflammatory properties. They can also contribute to the protection of the cardiovascular system.
- f. Zingerone: Zingerone is another compound found in ginger, which has antioxidant, anti-inflammatory, and pain-relieving properties. It can help relieve pain and inflammation.

- a. Essential oils: Ginger contains essential oils, mainly composed of sesquiterpenes, monoterpenes and phenols. These essential oils are responsible for the characteristic aroma and flavor of ginger.
- b. Dehydrated gingerols: When drying ginger, some of the gingerols are converted into shogaols, giving a slightly different chemical composition.
- c. Dietary fiber: Ginger also contains dietary fiber, which is beneficial for digestion, regulating bowel movements, and overall gastrointestinal health.
- d. Vitamins and minerals: Ginger is a source of vitamins B6 and C, magnesium, potassium and copper.
- e. Other Compounds: Ginger also contains amino acids, proteins, enzymes and other plant compounds, such as polyphenols and flavonoids, which contribute to its beneficial health properties. These compounds may have antioxidant, anti-inflammatory, and health-protective effects.
- f. Phenols: Ginger contains a variety of phenols, such as caffeic acid, p-coumaric acid, and vanillic acid. These phenols have antioxidant properties and can help neutralize free radicals in the body.
- g. Sesquiterpenes: Sesquiterpenes are compounds found in ginger, such as zingiberene and b-sesquiphellandrene. They contribute to the characteristic aroma of ginger and may have anti-inflammatory and antioxidant effects.



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ACTIVE SUBTANCES TURMERIC

Turmeric (Curcuma Longa) is rich in active ingredients beneficial to health, such as curcuminoids, turmerones and gingerols. These compounds give turmeric its anti-inflammatory, antioxidant, anticancer, and digestive properties. Turmeric has been used for centuries for its many health benefits, and plenty of scientific research continues to support its use in various therapeutic areas.

Active ingredients beneficial to health:

- a. Curcuminoids: Curcuminoids are the main active compounds in turmeric, of which curcumin is the most abundant. Curcuminoids have antioxidant, anti-inflammatory, antiviral, antimicrobial and anticancer properties. Curcumin in particular has garnered a lot of interest due to its potential health effects, including reducing inflammation, improving digestion, protecting the liver, and preventing certain chronic diseases.
- b. Turmerones: Turmerones are compounds found in turmeric that have demonstrated potential anti-cancer properties. They can help inhibit the growth of cancer cells and induce their apoptosis (programmed cell death).
- c. Gingerols: Although more commonly associated with ginger, gingerols are also found in small amounts in turmeric. They have anti-inflammatory, antioxidant and digestive properties.
- d. Essential oils: Turmeric contains essential oils, mainly composed of sesquiterpenes, such as turmerone and arturmerone. These essential oils contribute to the characteristic aroma of turmeric and may have health-promoting properties.

- a. Curcuminoids: Curcuminoids, especially curcumin, make up about 2-5% of the chemical composition of turmeric. Curcumin is fat-so-luble, which means it is better absorbed when consumed with fat or black pepper, which contains piperine, thereby improving its bioavailability.
- b. Essential oils: Essential oils in turmeric include sesquiterpenes, monoterpenes, and phenols. They contribute to the aroma and therapeutic properties of turmeric.
- c. Vitamins and minerals: Turmeric is a source of vitamins, including vitamin C, vitamin E and some B vitamins. It also contains minerals such as calcium, potassium, iron and manganese.
- d. Dietary fiber: Turmeric contains dietary fiber, which is beneficial for digestive health and the regulation of intestinal transit.
- e. Other Compounds: Turmeric also contains polyphenols, flavonoids, and amino acids that contribute to its health-promoting properties. These compounds may have antioxidant, anti-inflammatory, and health-protective effects.
- f. Polysaccharides: Turmeric also contains polysaccharides, which are complex carbohydrates. These polysaccharides may contribute to the immunomodulatory and antioxidant effects of turmeric.
- g. Pigments: Turmeric owes its vibrant color to natural pigments called curcuminoids, especially curcumin. These pigments are powerful antioxidants and may also contribute to some of the beneficial properties of turmeric.



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ACTIVE SUBTANCES ROSELLA FLOWER

Rosella flower (Hibiscus sabdariffa) is rich in active ingredients beneficial to health, such as organic acids, anthocyanins, flavonoids and dietary fiber. These compounds give Rosella flower its antioxidant, anti-inflammatory, antimicrobial and digestive properties. It may help promote good health and offer a variety of potential benefits, including cardiovascular health, weight management, and digestive health.

Active ingredients beneficial to health:

- a. Organic acids: Rosella flowers contain several organic acids, including citric acid, malic acid, and hibiscic acid. These acids give Rosella flower its characteristic taste and are also responsible for its beneficial health properties, including its antioxidant, anti-inflammatory and antimicrobial effects.
- b. Anthocyanins: Rosella flowers are rich in anthocyanins, which are natural pigments responsible for their intense red color. Anthocyanins are powerful antioxidants, and studies suggest they may have beneficial effects on cardiovascular health, reducing inflammation, and preventing premature aging.
- c. Flavonoids: In addition to anthocyanins, Rosella flower contains other flavonoids, such as flavones and flavonols. These plant compounds have antioxidant and anti-inflammatory properties, and may contribute to the health benefits of Rosella flower.
- d. Dietary fiber: Rosella flowers are also high in dietary fiber, which may help regulate bowel movement, support digestive health, and help with weight management.
- e. Vitamins and minerals: Rosella flower contains vitamins, including vitamin C, which is an important antioxidant for the immune system, as well as minerals such as calcium, iron and magnesium.

- a. Organic acids: Organic acids, such as citric acid, malic acid, and hibiscic acid, are an important part of the chemical composition of Rosella flower.
- b. Anthocyanins: Anthocyanins, including cyanidin-3-sambubioside and delphinidin-3-sambubioside, are the main pigments responsible for the red color of Rosella flowers.
- c. Flavonoids: The flavonoids found in Rosella flower include compounds such as quercetin, kaempferol, and isorhamnetin.
- d. Other Compounds: Rosella flower also contains other compounds, such as polysaccharides, amino acids, and enzymes, which may contribute to its health-promoting properties.



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ACTIVE SUBTANCES KOPASANDA LEAF

Kopasanda leaf, scientifically known as Chromolaena odorata, is a plant native to tropical regions. Here is a detailed analysis of the health-promoting active ingredients and chemical composition of Kopasanda leaf:

Phenolic Compounds: Kopasanda leaf contains a variety of phenolic compounds, such as phenolic acids, flavonoids, and tannins. These compounds are known for their antioxidant, anti-inflammatory and antimicrobial properties.

Flavonoids: Flavonoids are plant compounds found in Kopasanda leaf, such as quercetin, luteolin, and kaempferol. Flavonoids have antioxidant and anti-inflammatory properties, and may help protect against cell damage and chronic disease.

Essential oils: Kopasanda leaf contains essential oils in small amounts, which may contain various health-promoting compounds, such as terpenes, phenols, and esters. These essential oils may have antimicrobial and anti-inflammatory properties.

Alkaloids: Kopasanda leaf also contains alkaloids, such as chromolaenine and hispin. Alkaloids can have analgesic, antiparasitic and anti-inflammatory properties.

Organic acids: Kopasanda leaf is rich in organic acids, including caffeic acid, chlorogenic acid, and ferulic acid. These organic acids have antioxidant and anti-inflammatory properties.

Other Compounds: Kopasanda leaf also contains polysaccharides, plant sterols, tannins, and saponins, which may contribute to its health-promoting properties.

Beneficial Health Actions of Kopasanda Leaf:

Antioxidant effect: The phenolic and flavonoid compounds present in Kopasanda leaf can help neutralize free radicals and protect cells from oxidative damage.

Anti-inflammatory effect: Compounds present in Kopasanda leaf, such as flavonoids, essential oils, and organic acids, may have anti-inflammatory properties, thus helping to reduce inflammation in the body.

Antimicrobial Effect: Certain compounds found in Kopasanda leaf, such as flavonoids, essential oils, and alkaloids, may have antimicrobial properties, helping to fight bacterial and fungal infections.

Analgesic effect: The alkaloids present in Kopasanda leaf may have analgesic properties, helping to relieve pain.

Antiparasitic effect: Certain alkaloids present in Kopasanda leaf may have antiparasitic properties, which may help in the fight against intestinal parasites.

Antidiabetic Effect: Preliminary studies have suggested that Kopasanda leaf may have a hypoglycemic effect, thereby helping to regulate blood sugar levels.

Effect on respiratory conditions: Kopasanda leaf is often used in traditional medicines to treat respiratory conditions, such as cough, asthma and upper respiratory tract infections.

Hepatoprotective effect: Certain compounds found in Kopasanda leaf may have hepatoprotective properties, helping to protect the liver against oxidative and inflammatory damage.