



PRODUCT DOCUMENTATION

GREPOFIT



Table of contents

Text of the leaflet	4
Product documentation	
Grepofit composition	6
Active substances	6
Recommended dosage	6
Storage method	6
Approval of the Czech Ministry of Health	6
Description of effects of individual ingredients	
GRAPEFRUIT SEED EXTRACT	7
Grapefruit and allergies	8
Grapefruit and digestion	8
Grapefruit and fungi	8
Grapefruit and joints	8
General effects	9
ECHINACEA	9
ROSELLE	10
SAGE	11



Text of the leaflet

Grepofit is a bioinformation product containing a balanced combination of grapefruit seed extract, Echinacea, Roselle, and sage essential oil.

Use:

This unique product exhibits outstanding effects in viral and bacterial infections, such as flu, tonsillitis, rhinitis, but also urinary tract infections. It soothes cough and sore throat, activates immunity, and reduces the duration of the disease. It can also handle some gynaecological problems, in particular inflammations and discharges. It improves stomach and bowel conditions, ulcers and inflammations of the stomach mucosa. It combats fungi present in the body and on the skin. Unlike synthetic antibiotic treatment, the action of this product is completely free from any adverse reactions. It does not impair the beneficial bacterial flora, and, on the contrary, reduces the action of harmful intestinal bacteria.

Note: One Grepofit capsule is adequate to approx. 50 drops of spirit-based products with similar effects which are currently available on the market.

Composition:

Grapefruit seed extract

This is a unique substance with antibiotic effects which prevents bacterial, viral and fungal growth. It contains a high amount of bioflavonoids which facilitate digestion, clean the organism, improve blood circulation, and enhance mucosal immunity. It improves the quality of vessel walls and prevents its fragility, which is obvious especially in fine capillaries. It also prevents the agglutination of platelets and formation of blood clots, thus effectively acting in the prevention of thrombosis and myocardial infarction.

Echinacea purpurea

Echinacea has a number of therapeutic effects. When applied externally, it well heals wounds, but its internal use with provable effects on the enhancement of non-specific immunity of the body is of much greater importance. It exhibits major antimicrobial activity, not only against bacteriae, but also against viruses.

Roselle

The overall effects of the herb are anti-inflammatory and disinfecting, particularly in the sphere of gastrointestinal and urinary tracts. Roselle extract has spasmolytic (relieving spasms) effects on the muscles of the womb and bowels, which may be used in the treatment of diarrhoeal conditions accompanied by spasms as well as in painful period. The extract

generally refreshes the organism, reduces high blood pressure without any side effects and achieves excellent results in the prevention of atherosclerosis, as it reduces cholesterol levels and prevents its deposition in arteries.

Sage

The activity of sage essential oil is rather broad. It has anti-inflammatory, bactericidal, mild diuretic and astringent effects and it is a well-established vermifuge. Its antibiotic effect is employed in the treatment of inflammations of the urinary tract, cervical lymphatic nodes, the buccal cavity, tonsillitis, gynaecological and gastrointestinal tract inflammations.

Bioinformation

Bioinformation represents frequencies which simulate the control frequencies of subcortical brain centres, regulating the vegetative nervous system and the function of viscera. Bioinformation acts to offset negative information and induce a new regenerative process.

The presence of bioinformation in Energy products is essential – compared to other products of similar nature the effects of Energy products are several times higher.

Recommended dosage:

2 capsules 1–3 times a day

Do not exceed the recommended daily dose.

Warning:

The product is not intended for children under 3 years of age, pregnant and breastfeeding women. Not suitable for persons with bee and soy product hypersensitivity. Dietary supplements must not be used to substitute all-day varied diet.

Store at 10–25°C in a dry and dark place; do not freeze.

Grepofit composition

Product form: soft gelatinous capsule

Capsule size: 770mg

Content: 180 capsules

Active substances

Ingredient	Quantity per capsule
Grapefruit (extract)	125 mg
Echinacea (extract)	15 mg
Roselle (extract)	10 mg
Sage (extract)	3 mg

Excipients: soy oil, bee wax

Recommended dosage

The dosage method depends primarily on the nature of the health problem. In any case, however, it is not recommended to use the product continuously in the long term. Short-term buffer application with relatively high doses, i.e. 6–12 capsules per day, is ideal. During the use of Grepofit it is necessary to increase the intake of liquids.

Recommended daily dose:

2 capsules 1–3 times a day (in acute cases 2 capsules per hour, no more, however, than 12 capsules per day at the maximum). Do not exceed the recommended daily dose.

Warning:

The product is not intended for children under 3 years of age, pregnant and breastfeeding women. Not suitable for persons with bee and soy product hypersensitivity. Dietary supplements must not be used to substitute all-day varied diet.

Storage method

Store at 10–25°C in a dry and dark place; do not freeze.

Approval of the Czech Ministry of Health

OVZ – 350 – 3.11.2005 – 38248

Description of effects of individual ingredients

GRAPEFRUIT SEED EXTRACT

English family name: rue/citrus family

Latin family name: Rutaceae

English species name: grapefruit

Latin species name: *Citrus paradisi*

Citrus paradisi – grapefruit – has been known since the 17th century, when it was first discovered by botanists in the Caribbean region, on the isle of Barbados. This evergreen, 4–25 metres high tree has dark-green leaves with fragrant white blossoms. First fruit appears only after 4–7 years, the mature tree then fruits unbelievable 500–700 pieces every year. These are 10–20 cm in diameter and weigh some 200–450 grams, depending on the cultivation. Pharmaceutically, the most significant material is the fruit seeds.

In 1980, Dr. Jacob Harich, medical doctor, awarded Einstein Prize, physicist, immunologist and specialist in the research of natural therapeutic drugs, discovered an antibiotically active substance in grapefruit seeds. This essential substance of the extract exhibits strong effects preventing bacterial, viral and fungal growth. This has been evidenced by frequent laboratory research conducted by scientists of many a country (in vitro tests), as well as by a number of tests in live organisms (in vivo tests). In conjunction with this substance, the success of the seed extract is based also on its high amount

of bioflavonoids. Natural flavonoids facilitate digestion, clean the body, enhance general immunity, help to prevent colds, infections and inflammations, improve blood circulation, and enhance mucosal immunity. They exhibit antioxidative properties, they uptake free oxygen radicals, enhance the quality of vessel walls, and prevent their increasing fragility, particularly in capillaries. They prevent platelet agglutination and the formation of blood clots, hence effectively acting in the prevention of thrombosis and myocardial infarction. There is therefore a double mechanism of action, both components being complementary with beneficial effects on the body.

In 1990, an American medical doctor and teacher, Dr. Allan Sachs from the legendary Woodstock in New York State became involved in the work of a clinical research study investigating Dr. Harich's extract. He was selected due to his experience in the sphere of complementary medicine to assess the effects of grapefruit seed extract as a natural alternative to chemically produced substances. Together with several colleagues he concluded that the grapefruit seed extract fulfils the criteria of an ideal antimicrobial substance.

The results of research demonstrate the efficacy against some 800 bacterial and viral strains, 100 fungal strains and against unicellular parasites. Efficacy is exhibited in as low a concentration as 1:1,000. It enhances the immune system and does not damage

Description of effects of individual ingredients

the beneficial bacterial flora. On the contrary, in normal dosage it suppresses and ultimately terminates the activity of harmful intestinal bacteria while sparing the *Bifidobacillus* spp. and reducing the numbers of the *Lactobacillus* spp. absolutely insignificantly. This evidence, that compared to synthetic antibiotic therapy, this antimicrobial activity is selective and targeted only on pathogenic microorganisms, hence preventing adverse side effects.

Grapefruit and allergies

Most doctors reported no allergic reactions to the application of the extract. On the contrary – bioflavonoids contained in grapefruit seeds inhibit the release of histamine which is a substance causing allergic symptoms such as hives or bronchoconstriction in asthma. Dr. Sachs, however, points out that three to five per cent of all people are allergic to citruses. These individuals should begin to take the extract in the form of a powder which contains lower quantity of acids than the liquid form, and gradually increase the doses.

Grapefruit and digestion

Research (Thomas Brzozowski's study – Poland) has confirmed the ability to harmonise the production and amounts of gastric acids (whose excessive amount is one of the major causes of gastric ulcer formation) and vascular supply of the damaged stomach mucosa. In the experiments, ulcers grew significantly smaller and blood supply improved only after a few

days. The production of the hormone gastrin, which enhances the healing of mucosa suffering from inflammatory defects, increased.

Grapefruit and fungi

The above mentioned antifungal effect of grapefruit extract should be given attention, as latest research indicates that fungi are the very co-agents active in many a serious disease, such as rheumatism, arthritis, gout, asthma, allergies, gastritis (inflammation of the stomach), tuberculosis, cancer and a number of other conditions. Microbiologists state that as much as one third of the entire Western population is affected by the *Candida albicans* yeast. The spreading of *Candida* in the bowel and viscera may cause a whole range of diseases, including, apart from other, flatulence, diarrhoea, colitis (inflammation of the colon), gastrointestinal ulcers, gynaecological diseases, prostate conditions, allergies, cardiac problems, asthma, kidney problems, blood sugar fluctuations, and meningitis (inflammation of the meninges). To date, fungal conditions, in particular candidiasis, have been considered difficult to treat. Bioflavonoids and ascorbic acid from this extract inhibit fungal growth. Citruses in general provide relief and first aid in the case of most mycoses and allergic skin symptoms.

Grapefruit and joints

Grapefruit is provably the most valuable fruit, which helps to eliminate or dissolve organic calcium which

is deposited in joint cartilages when white flour products are consumed excessively (e.g. in arthritis).

General effects of grapefruit seed extract:

- It provides relief from gastric and intestinal problems, from flatulence to diarrhoea as well as constipation and bowel inflammations. It is recommended for impaired intestinal microflora.
- It suppresses excessive yearning for sweets.
- It suppresses infections of the sinuses, nasopharynx, bronchi, ears as well as the urinary tract.
- It can combat also certain gynaecological problems, in particular inflammations and discharges.
- It helps to resolve some vascular conditions caused by weakened vessel walls, even varicose veins, inflammations of the veins, thromboses and haemorrhoids.
- It helps combat fungi on the skin, nails and mucosa.
- It supports the treatment of allergies, asthma, eczemas
- It is recommended as after-treatment for the Lyme disease (borreliosis).
- It may also help relieve joint pain.

Unlike a number of currently known natural medicines, the use of grapefruit seed extract has little tradition. It is a “new” substance, whose effects and broad range of application are still under

investigation. It has, however, arrived right in time, to help combat many “new” diseases the number of which currently increases due to the modern lifestyle.

ECHINACEA

English name of the plant: Eastern purple coneflower, Purple Coneflower

Latin name of the plant: Echinacea purpurea

English family name: aster, daisy or sunflower family

Latin family name: Asteraceae

Used part: The most effective drug is the root, blossom and leaf.

Significant substances contained in the plant:

Alkaloids, amides, polysaccharides, glycosides, terpenoids.

Echinacea is a native of the North American prairie, but may be grown also in the Czech Republic. Its name is derived from the Greek word echinos (hedgehog), for its cone-like shape of the blossom with spears). It is classified as a daisy and its pale violet cone-shaped blossom at the end of a long stem, for which it used to be called the “Indian cone”, was used for medicinal purposes as long as 200 years ago. For the modern science it was discovered by Dr. Meyer at the end of the 19th century. Essential oils, β -sitosterol, fatty acids (palmitic and linoleic,

Description of effects of individual ingredients

phenolic substances (caffeic acid, echinacoside) and polysaccharides are obtained from the plant.

Echinacea has a whole range of therapeutic effects. When applied externally, it heals various wounds, but its effects on the enhancement of non-specific immunity of the body when used internally are of much greater importance. The polysaccharide fraction of the extract is involved in enhancing immunity by activating macrophages, which are able to ingest (phagocytise) the infectious agent directly in the organism, and by supporting the production of interferon, a substance which, apart from other, prevents viral growth in cells. Thanks to this it exhibits major antimicrobial activity, not only against bacteria, but also against viruses. Echinacea is used to prevent infectious diseases and to generally enhance immunity. It is, moreover, suitable for the treatment of upper airways catarrhal conditions, tonsillitis and laryngitis, sinusitis, flu, or common colds, chronic urinary bladder, female sexual organs and prostate inflammations, lymphatic node inflammations and suppuration tendencies. Echinacea extract also enhances digestion and improves the healing of wounds and ulcers.

The hottest news is the antitumor Echinacea substance – 2-1,8-pentadecadien. Echinacea is non-toxic and there are no known contraindications or adverse reactions. Due to the generally impaired immunity of the highly

civilised mankind, this Indian plant represents the hopes of the global pharmacy. In addition to the prevention of infectious diseases, which has been scientifically evidenced, its benefits include also the fact that individuals taking Echinacea regularly report subjectively better condition.

ROSELLE

English name of the plant: Roselle

Latin name of the plant: *Hibiscus sabdariffa* L.

English family name: mallow family

Latin family name: Malvaceae

Habitat: Hibiscus represents more than 150 species, which grow particularly in the tropical and subtropical zones.

Significant substances contained in Roselle:

Vitamin C, organic acids, herbal colorants, mucous polysaccharides, phytosterols and flavonoids.

In Africa, Roselle is called karkade or carcade, in equatorial Africa it is grown under the name būsop. Its extract is wine-coloured and has acidic, slimy taste caused by the high content of ascorbic acid or vitamin C. The general activity of the plant is anti-inflammatory and disinfecting, particularly in the gastrointestinal and urinary tracts. Roselle extracts disinfect the urinary tract and kidneys, help to dissolve certain types of urinary stones, have diuretic effects and alleviate

oedema. The disinfecting antibiotic activity affects all generally disseminated pathogenic bacterial strains and in higher doses, tea is effective against parasites.

Research has, for example, found that Roselle extract has spasmolytic effects (relieving spasms) in the muscles of the womb and bowel. It alleviates colic pains caused by improper diet and alleviates period pains. The mucous substances of the extract protect gastrointestinal mucosa and have mildly laxative effects. Herbal colorants anthocyanins and flavonoids in combination with vitamin C uptake free radicals, thus slowing down cellular ageing and damage. The extract generally refreshes the organism, reduces high blood pressure without any adverse reactions and effectively combats fever.

Hibiscus sabdariffa L, which is grown mostly in China, India and Taiwan, is traditionally used for the treatment of high blood pressure and liver conditions. Scientists from Taiwan have discovered that it contains antioxidants which are known to eliminate the dangerous depositing of fat in arteries and to reduce cholesterol levels. “It is the first study to show that Roselle extracts have the same effects on reducing cholesterol levels and depositing fat in the arteries of rats as red wine and tea,” said doctor Cha Zhong–Wang, who was the principal researcher. In his opinion it will be possible to avail of these findings also in the prevention and even treatment of a number of cardiovascular diseases where cholesterol plays a major role.

SAGE

English name of the plant: Common Sage, Garden Sage

Latin name of the plant: *Salvia officinalis*

English family name: mint family

Latin family name: Lamiceae

Habitat: It includes some 900 species growing in Eurasia and on the American continent.

Significant substances contained in Sage:

it contains particularly essential oils (1.5 to 2.5%) with thuione, salviol, cineole, camphor, borneol, and catechin tanning agents (approx. 8%), pseudo-tanning agents (organic acids, e.g. caffeic acid), triterpenoids, the bitter substance carnosol, abietane-type diterpenic bitter substances, lactone, salvin, with phytoncide effects, saponins, resins, vitamins of the B-range, and substances similar to the female hormone oestrogen.

The plant, which is a native of South Europe and Asia Minor, is often grown in the Czech Republic as a medicinal plant. Sage has got its attribute officinalis due to its broad therapeutic use, particularly in medieval medicine. Its beneficial effects, however, had been known long before. Sage was considered a medicinal plant as early as in the ancient Rome. Sage arrived to Bohemia only in the 9th century when it begun to be broadly used for the preparation of medicines as well as tasty dishes.

Description of effects of individual ingredients

Sage essential oil exhibits antiviral, anti-inflammatory, astringent, bactericide and disinfecting effects.

Its activity is very broad – it reduces sweating (especially that of vegetative nervous origin, such as menopausal or puberty night sweating); it has anti-inflammatory, bactericide, mildly diuretic, astringent effects, it acts as a vermifuge, reduces the secretion of glands, including lactation. It may be applied in gynaecology, particularly for problems during early period or during menopause. Its antibiotic effects are used to treat inflammations of the urinary tract, sore throat, in tonsillitis, gynaecological inflammations or gastrointestinal tract inflammations. Externally, it may be used for poorly healing wounds or as a gargle for buccal cavity inflammations, tonsillitis or bleeding gums.

LITERATURE AND REFERENCES TO SCIENTIFIC STUDIES:

Zázračná síla grapefruitu – Shalila Sharamon
a Bodo J. Baginski

**The Authoritative Guide to Grapefruit Seed
Extract** – Dr. Allan Sachs D.C., C.C.N.,
**Grapefruitkern Extrakt Das biologische
Wundermittel** – Jens Meyer



**CHIEF HEAD-OFFICE AND HEAD-OFFICE
FOR THE CZECH REPUBLIC**

ENERGY GROUP, a. s.

Trojská 201/39, 171 00 Praha 7
Czech Republic

tel. / fax: +420 283 853 853/54
info@energy.cz, www.energy.cz