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INGREDIENTS	DESCRIPTION
White Willow Bark	Willow bark is the bark from several varieties of the willow tree, including white willow or European willow, black willow or pussy willow, crack willow, purple willow, and others. The bark is used to make medicine. Willow bark acts a lot like aspirin, so it is used for pain, including headache, muscle pain, menstrual cramps, rheumatoid arthritis (RA), osteoarthritis, gout, and a disease of the spine called ankylosing spondylitis. Willow bark is also used for fever, the common cold, flu, and weight loss. WEBMD
Bacillus Coagulans	Bacillus coagulans is a type of bacteria. It is used similarly to lactobacillus and other probiotics as "beneficial" bacteria Bacillus coagulans is also used for general digestion problems, irritable bowel syndrome (IBS), inflammatory bowel disease (IBD, Crohn's disease, ulcerative colitis), a bowel disorder called Clostridium difficilecolitis, excessive growth of "bad" bacteria in short bowel syndrome, and infection due to the ulcer-causing bacterium Helicobacter pylori. Some people use Bacillus coagulans to prevent respiratory infections and ramp up the immune system. It is also used to prevent cancer or the formation of cancer-causing agents. WEBMD
Grape & Grape Seed Extract	Grapes -- along with their leaves and sap -- have been traditional treatments in Europe for thousands of years. Grape seed extract is derived from the ground-up seeds of red wine grapes. Although fairly new to the U.S., grape seed extract is now used to treat a number of diseases. There's strong evidence that grape seed extract is beneficial for a number of cardiovascular conditions. Grape seed extract may help with a type of poor circulation (chronic venous insufficiency) and high cholesterol. Grape seed extract also reduces swelling caused by injury and helps with eye disease related to diabetes. Many people are interested in grape seed extract because it contains antioxidants. These are substances that protect cells from damage and may help prevent many diseases.
Wild Blueberry & Wild Blueberry Extract	Blueberry is used for preventing cataracts and glaucoma and for treating ulcers, urinary tract infections (UTIs), multiple sclerosis (MS), chronic fatigue syndrome (CFS), colic, fever, varicose veins, and hemorrhoids. Blueberry is also used for improving circulation, and as a laxative. Blueberry fruit is high in fiber which could help normal digestive function. It also contains vitamin C and other antioxidants. WEBMD
Raspberry & Raspberry Seed Concentrate	The health benefits of raspberries are obtained from the entire fruit -- including the seeds. Raspberries contain natural plant chemicals that act as antioxidants to locate and destroy disease-causing free radicals. In fact, raspberries rank among the top 10 high-antioxidant fruits and vegetables, according to the Washington Red Raspberry Commission. Among several potential benefits, the components in raspberry seeds may help prevent infections, heart disease and cancer. LIVESTRONG.COM
Cranberry	Delicious, tart cranberries hold significantly high amounts of phenolic flavonoid phytochemicals. Scientific studies have shown that consumption of berries have potential health benefits against cancer, aging and neurological diseases, inflammation, diabetes, and bacterial infections. Antioxidant compounds in cranberries may prevent cardiovascular disease by counteracting against cholesterol plaque formation in the heart and blood vessels. Further, these compounds help the human body lower LDL cholesterol levels and increase HDL-good cholesterol levels in the blood. NUTRITION & YOU.COM
Prune	Antioxidant superfood naturally rich in hydroxycinnamic acids and anthocyanins. A study conducted by researchers from Tufts University in Boston ranked prunes, or dried plums, as #1 food in terms of antioxidant capacity. Using a laboratory analysis called ORAC (Oxygen Radical Absorbency Capacity), the researchers found that prunes had more than twice the antioxidant capacity of other high ranking foods such as blueberries and raisins. Source: http://www.healwithfood.org/health-benefits/prunes.php#ixzz3RXfryBhu
Tart Cherry	Many antioxidants and anti-inflammatory agents are in tart cherries. Tart cherry juice contains just 137 calories per 1-cup serving, and it is beneficial for cancer prevention, heart health, as an anti-inflammatory agent and offers protection against a host of other conditions. LIVESTRONG.COM
Wild Bilberry & Wild Bilberry Extract	Packed with antioxidants, bilberries and other whortleberries are great for the skin. These little antioxidant powerhouses contribute to the health of the collagen matrix by neutralizing enzymes that destroy connective tissue, and by scavenging free radicals. As a consequence, bilberries are great for people who want to prevent wrinkles and pre-mature aging of the skin as well as for women who are following an anti-cellulite diet. Source: http://www.healwithfood.org/health-benefits/bilberries.php#ixzz3RYeDHRvX
Strawberry	These potent little packages protect your heart, increase HDL (good) cholesterol, lower your blood pressure, and guard against cancer. Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols, strawberries are a sodium-free, fat-free, cholesterol-free, low-calorie food. WEBMD
Silicon Dioxide	Silicon dioxide is a type of silica, and its chemical name is SiO2. It is composed of the element silicon bound with 2 oxygen molecules. Silica is the primary chemical compound found in sand and rocks, and makes up nearly 90 percent of the total Earth's mass. Silicon dioxide is inert, which means it will not interfere with any active ingredients in supplements or drugs. The type of silicon regularly used in food and supplements is synthetic amorphous silicon. Silicon dioxide and SAS are chemically identical. Silica has a unique capacity to absorb moisture. This property makes silica an excellent anticaking agent. Anticaking agents are used to prevent ingredients from sticking together and maintain even distribution of nutrients or active ingredients.