



# DeFlame

UNDER \$2 PER DAY

# NUTRITIONPACK

No-Nonsense Nutrition  
For Inflammation Reduction



Four **DeFlaming**  
Supplements  
In 30 On-The-Go Packs

Each  **DeFlame**  
**NUTRITIONPACK** contains:

- |                         |                   |
|-------------------------|-------------------|
| (2) Omega-3 Fish Oil    | (1) Ginger        |
| (1) Turmeric & Rosemary | (1) Bioflavonoids |



[www.anaboliclabs.com](http://www.anaboliclabs.com)  
1.800.445.6849

To learn more about  
"DeFlaming" go to  
[www.deflame.com](http://www.deflame.com)

# The DeFlame Protocol

The essence of the DeFlame Diet is to replace pro-inflammatory calories (refined sugar, flour, oils) with those that are anti-inflammatory (vegetables, fruits, tubers/roots, and nuts). The measurable goals are to achieve a normal body weight, waist/hip ratio, blood pressure, and healthy levels of biochemical markers such as blood sugar, triglycerides, HDL cholesterol, and C-reactive protein. The DeFlame Diet should be supplemented with a multivitamin/mineral, magnesium, omega-3 fish oil, vitamin D3, and additional supplements.

## Supplement Facts

Serving Size: One Packet  
Servings Per Container: 30

Amount Per Packet	% Daily Value
Calcium (from calcium phosphate).....	50 mg 5%
Cellulose (milk).....	3500 CU *
Concentrated Fish Oil [from Anchovies ( <i>Engraulis rigens</i> ), Sardines ( <i>Sardinops sagax</i> , and/or Mackerel ( <i>Trachurus symmetricus</i> )].....	2400 mg *
EPA (eicosapentaenoic acid).....	720 mg *
DHA (docosahexaenoic acid).....	480 mg *
Bioflavonoid Complex (from lemon (fruit), hesperidin (fruit), rutin (buds)).....	700 mg *
Turmeric Extract (root) (standardized to contain at least 95% curcumin).....	350 mg *
Ginger Extract (root) ( <i>Zingiber officinale</i> , root. Standardized to 10% gingerols and pungent compounds).....	200 mg *
Ginger Root Powder ( <i>Zingiber officinale</i> ).....	150 mg *
Rosemary Extract (leaf) (standardized to contain at least 40% ursolic acid).....	35 mg *
Rosemary Extract (leaf) ( <i>Rosemarinus officinalis</i> , leaf. Standardized to minimum 6% carnosic acid).....	5 mg *

\* Daily Value Not Established

## No-Nonsense Nutrition For Inflammation Reduction

# 4 DEFLAMING SUPPLEMENTS

### Omega-3 Fatty Acids

Fish oil's multiple anti-inflammatory benefits have long been attributed to its omega-3 fatty content, namely eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega-3s make red blood cell membranes more deformable and improve oxygen delivery to tissues. In addition to reducing pro-inflammatory cytokine production, EPA and DHA replace arachidonic acid in cell membranes and are converted into anti-inflammatory eicosanoids, such as PGE3 (prostaglandin), LTB5 (leukotriene), PGI3 (prostacyclin-like), and TXA3 (thromboxane). In recent years, it was discovered that omega-3s are converted into resolvins, protectins, and maresins, which act to specifically resolve inflammation. All of these benefits help to DeFlame the body and make omega-3 fatty acids from fish oil, one of the most important supplements we can take on a regular basis.

### Ginger

Ginger contains potent anti-inflammatory compounds called gingerols and shogaols. Ginger has been used in Chinese medicine since at least the 4th century BC and was considered a tonic for all ailments and specifically utilized for stomach aches, diarrhea, nausea, cholera, asthma, heart conditions, respiratory disorders, toothache, and rheumatic complaints. Similar to turmeric, ginger reduces pro-inflammatory NF-κB, prostaglandins, leukotrienes, cytokines, free radicals, and growth factors. If turmeric is "King of Spices," then ginger is the "Queen." Ginger also supports normal blood sugar health by improving insulin sensitivity, supporting insulin release, protecting beta-cells, and promoting healthy blood lipid levels. Ginger helps to protect diabetic complications in the liver, kidney, brain, and eye.

### Turmeric

Turmeric has been used for over 2000 years in Ayurvedic medicine. In Asian countries today, 200-1000 mg of turmeric is consumed daily. Turmeric contains many anti-inflammatory compounds, the most notable being curcumin. One study demonstrated that curcumin improved joint swelling and morning stiffness, in RA patients, as well as phenylbutazone, an NSAID. Curcumin has been referred to as the "King of Spices." Curcumin inhibits the synthesis of pro-inflammatory prostaglandins and leukotrienes, and is a more potent antioxidant than vitamin E. More recently it was discovered that curcumin plays an important role in the epigenetic inactivation of pivotal genes that regulate inflammation and diverse human pathologies, such as obesity, cancer, and neurocognitive disorders.

### Bioflavonoids

Bioflavonoids are colorful pigments that help us to identify our favorite fruits and vegetables. The majority of consumed, or supplemented, bioflavonoids are not absorbed and instead work to "deflate" gut bacteria, which indirectly helps to deflate the body systemically. The bioflavonoids that are absorbed function as antioxidants and are involved in multiple anti-inflammatory activities. Bioflavonoids reduce the synthesis and activities of different pro-inflammatory mediators such as eicosanoids, cytokines, adhesion molecules and C-reactive protein. Bioflavonoids help to inhibit transcription factors such as NF-κB and activating protein-1 (AP-1), and participate in the stimulation of nuclear factor-erythroid 2-related factor 2 (Nrf2), which is involved in the synthesis of glutathione.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.