



*COMPLETE*

**RECOVERY - DETOX**  
**540**



Medically  
Researched



***MEDIZONE WELLNESS RANGE***

## Supplements & Substance Abuse:

Many studies have been done in connection with supplements and substance abuse and the effectiveness thereof. Medizone's **Medically Researched, newly formulated Complete Recovery-Detox 540** has been specifically formulated to assist in the **detoxification** and **recovery** from the use of or addiction to harmful substance use such as **alcohol, tobacco, narcotics, etc.**

**Complete Recovery-Detox 540** will assist in:

- **Easing anxiety**
- **Relieving tension**
- **Calming the mind**
- **Protecting the liver**
- **Protecting cell membrane**
- **Recovery of cell membrane**
- **Reducing and easing cravings**
- **Assisting already damaged liver**

It has been designed as a **Two Step Program**:

### **Step 1 – Complete Recovery:**

A supportive supplement to assist in the recovery during and after the use of any harmful substance - I.e: Alcohol, Tobacco, Narcotics, etc:

**Complete Recovery** will assist in:

- **Easing anxiety**
- **Relieving tension**
- **Helping with recovery from use of harmful substances**
- **Calming the mind**
- **Reducing and easing cravings**

### **Ingredients:**

- Pueraria lobata 500mg  
(Kudzu root extract)
- Hypericum perforatum 300mg  
(St. John's Wort extract)
- Panax ginseng root extract 67mg
- Resveracydin™ blend - Consists of: (Grape seed extract, Resveratrol & Rooibos tea extract) 10mg

### **Step 2 – Complete Detox:**

A supportive supplement for detoxification during the use of and after treatment from any harmful substance - I.e: Alcohol, Tobacco, Narcotics, etc:

**Complete Detox** will assist in:

- **Protecting the liver**
- **Protecting cell membrane**
- **Helping the body detox from use of harmful substances**
- **Recovery of cell membrane**
- **Assisting already damaged liver**

## Ingredients:

- Alpha lipoic acid 50mg
- Radix Liquiritae extract 50mg
- Resveracydin™ blend - Consists of: (Grape seed extract, Resveratrol & Rooibos tea extract) 10mg
- Milk Thistle seed extract 120mg
- Schisandra Chinensis fruit powder 50mg

## Ingredients and Explanations - Overview:

The following are extracts taken out of many scientific clinical papers and studies that prove the effectiveness of the specific ingredients in our Recovery-Detox 540 Supplement.

## Recovery - Ingredients:

### **Pueraria lobata (Kudzu root extract):**

#### Alcohol Intake:

- Kudzu also contains a number of useful isoflavones, including daidzin (an anti-inflammatory and antimicrobial agent). Daidzin is a **cancer preventative** and is structurally related to genistein (an antileukemic agent). Kudzu is a unique source of the isoflavone puerarin. Kudzu root compounds can **affect neurotransmitters** (including serotonin, GABA, and glutamate.) It has shown value in treating **migraine and cluster headaches**. It is recommended for **allergies and diarrhoea**.
- In traditional Chinese medicine (TCM), where it is known as gé gēn, Kudzu is considered one of the **50 fundamental herbs**.
- Radix pueraria (RP), better known as Kudzu, is a herbal remedy that has been used **apparently safely** and effectively for the treatment of “**alcohol addiction**” in China for more than a millennium. **It has been shown to reduce alcohol consumption in all animal models tested to date.**
- A herbal medicine that has already been used safely and effectively by thousands of alcohol abusers in China for over a millennium strengthens our belief that Kudzu and or its active analogues could be developed into effective and safe therapeutic agents for the treatment of **human drinking problem**.
- The **anticraving and intoxication** effects of extracts of Pueraria lobata Owhi (Fabaceae), also known as kudzu, have been known to traditional Chinese physicians for centuries.
- Kudzu has traditionally been used as a remedy for **alcoholism and hangover** in China. The **root** was used to **prevent excessive alcohol consumption**, while the **flower** was supposed to **detoxify the liver** and alleviate the symptoms afterwards. Some traditional Chinese Medicine hangover remedies are marketed with kudzu as one of their active ingredients (e.g. **Hangover Busters**).

- More recently a study has tested the efficacy of a kudzu extract in a group of “**heavy**” alcohol drinkers, treated with either placebo or kudzu extract (500mg three times daily for 7 days) (Lukas et al. 2005). After the 7 day period, subjects had the opportunity to drink their preferred brand of beer in a naturalistic laboratory setting. Kudzu treatment resulted in **significant reduction in the number of beers consumed**, and increase in the number of sips and the time to consume each beer and a decrease in the volume of each sip. These changes occurred in the absence of a significant effect on the **urge to drink alcohol**. The authors concluded that kudzu may be a useful adjunct in **reducing alcohol intake**, although the exact mechanism by which kudzu suppresses ethanol intake remains to be clarified.
- Because alcohol hangover and withdrawal are associated with anxiety and Kudzu root extract traditionally has been used to alleviate hangover, it was hypothesized that Kudzu may **reduce anxiety associated with alcohol withdrawal in rats**.
- Extensive positive findings in animal models suggest that the outcome of clinical trials is likely to be positive as well especially when pharmacological treatment is **combined with counselling**.
- One very motivated alcoholic took the complex herbal medicine (NPI-028) for 13 weeks. There was a **reduction in her alcohol consumption from 12 beers a day to 0** and her craving rating was reduced by **almost half** after drinking the tea containing the NPI-028 (from 7 out of 10 to 4). All the evidence available to date indicates that Kudzu extracts are **ready to be tested clinically**.
- **The Harvard Medical School** is studying Kudzu as a possible way to **treat alcoholic cravings**, by turning an extracted compound from the herb into a **medical drug**. The mechanism for this is not yet established, but it may have to do with both **alcohol metabolism and the reward circuits in the brain**.
- Research in mice models suggests that Kudzu is beneficial in women for control of some postmenopausal symptoms, such as **hypertension and diabetes type II**.

## **Hypericum perforatum (St. Johns Wort extract):**

### **Mild Depression & Alcohol Intake:**

- Extracts of the common plant *Hypericum perforatum* L. (HPE, St. John’s Wort) have been successfully used for **the treatment of mild to moderate depression** since ancient times. Recently, the **antidepressant effect** of HPE has been investigated in **controlled clinical studies** (Ernst, 1995, Linde et al., 1996, Nordfors and Hartvig, 1997, Whiskey et al., 2001, Hypericum Depression Trial Study Group, 2002) as well as in laboratory animals (Butterweck et al., 1997, Nathan, 1999, Gambarana et al., 1999, Perfumi et al., 1999, Panocka et al., 2000). It has been suggested that the antidepressant effects of HPE might be mediated by increases in brain levels of serotonin (5-HT), dopamine (DA), norepinephrine or by stimulation of sigma and opioid receptors in the central nervous system (CNS) (Butterweck et al., 1997, Muller et al., 1997, Panocka et al., 2000). Several reports indicate comorbidity between depression and alcohol abuse (Grant and Harford, 1995,

Markou et al., 1998, Merikangas et al., 1998, Neighbours et al., 1992, Swensden et al., 1998).

- HPE may have a **therapeutic potential** in the **clinical treatment of substance abuse and dependence**.
- The **antidepressant properties** of the St. John Wort – *Hypericum perforatum* L. (HPE) – have been well known since the time of Hippocrates. Recent pre-clinical and clinical studies (Nahrstedt and Butterweck 1997) have demonstrated that HPE is effective in the treatment of **mild to moderate anxiety**.
- The use of HPE may represent an interesting pharmacological approach to **treat excessive alcohol drinking** and **prevent alcohol relapse in human alcoholics**.
- The preclinical studies with several strains of alcohol preferring rats show that an acute oral administration of St. John's Wort extracts can **significantly reduce voluntary alcohol in take**. Further, tolerance to this effect of extracts **does not develop after chronic treatment**. HPE has been used since antiquity for the treatment of **mild to moderate depression**.
- Several meta-analyses and overviews of randomized clinical trials consistently show that HPE displays a **clear antidepressant action** and it has been used for the treatment of **mild to moderate depression** (Linde et al., 1996, Melchart, 1996, Volz, 1997, Kasper and Dienel, 2002). **Depression is commonly shown in substance abusers besides other psychiatric problems**. For example, **many alcoholic patients have symptoms of depression** (Weissman and Myers, 1980, Miguel-Hidalgo and Rajkowska, 2003).
- Some antidepressant drugs are of general use in patients with alcohol dependence. They are mainly indicated in **alcohol withdrawal** and the **treatment of combined psychiatric disorders** (Miller, 1995, Myrick et al., 2001).
- One study investigating the effect of HPE on alcohol withdrawal syndrome was reported recently (Coskun et al., 2006). In this study, HPE (50-200mg/kg) **blocked locomotor hyperactivity, tremors and stereotypical behaviours during early alcohol withdrawal**.
- These results imply that HPE **may be useful in the treatment of alcohol withdrawal syndrome** and this observation may be important since withdrawal signs are directly due to the development of physical dependence to alcohol. **Overall the reports imply that HPE may be useful for the treatment of alcoholism in clinical trials**.
- The inhibitory effects of HPE on alcohol withdrawal syndrome may be explained by the following two mechanisms: The beneficial effects of HPE might be related to **serotonergic mechanisms**. HPE has some **serotonergic properties, reducing 5-HT reuptake and inhibiting monoamine oxidase (MAO) activity** (Perovic and Muller, 1995, Bennett et al., 1998, Calapai et al., 1999) **like other antidepressant drugs**.

- These findings imply that antidepressant agents, which have a serotonin reuptake inhibitory action might have **inhibitory positive effects** on the signs of alcohol withdrawal syndrome.
- HPE seems to be a useful drug in the attenuation of the signs of alcohol and nicotine withdrawal.

### Nicotene & Caffeine:

- The effects of HPE on **nicotine** and **caffeine** induced locomotor activity were investigated in mice recently (Uzbay et al., 2006b, 2007,). In these studies, HPE (6-24mg/kg) **blocked both nicotine (1mg/kg) and caffeine (16mg/kg induced locomotor hyperactivity** in mice.
- In a clinical study 45 adult smokers were randomized to receive an oral spray containing hypericum (HPE) or placebo, in addition to brief counselling sessions and nicotine replacement patches. Although abstinence rates were similar in each group after 1 month, HPE was associated with **lower craving scores, and less anxiety, restlessness and sleeplessness** compared with controls (Becker et al., 2003, Dean, 2005).
- The inhibitory effects of HPE on **nicotine induced locomotor hyperactivity** can also be explained by the following mechanisms: HPE is widely used for therapy of depression and the mechanism of its antidepressant action seems to imply, as with bupropion, an **increase in deficient neurotransmitter activity** associated with the pathogenesis of this disorder. Acute administration of HPE produces an **increase in the brain content of neurotransmitters such as noradrenalin, dopamine and serotonin** in rodents (Calapai et al., 1999) and deficits in these neurochemicals have been all considered to play a role in the expression of **tobacco dependence** (Quattrochi et al., 2000).
- Because there is a **cross locomotor sensitization** between **amphetamine, nicotine and caffeine** (Celik et al., 2006), observations on **the blockage of nicotine and caffeine induced locomotor hyperactivity by HPE** means that this extract may be effective in other kinds of stimulant type dependences such as **amphetamine and cocaine**.

### **Panax ginseng root extract:**

- Ginseng is a slow growing perennial herb native to the mountain forests of north eastern China, Korea and the far eastern regions of the Russian Federation.
- There are many types and grades of ginseng depending on the origin, root maturity, parts of the root used, and methods of raw material preparation or processing.
- Asian medicine, dried ginseng is used as **a tonic to revitalize and replenish vital energy**.
- There is **no equivalent concept of treatment** in Western conventional medicine.

- Ginseng root consist of the dried main and lateral root and root hairs of *P. ginseng* C.A Meyer (Fam. Araliaceae) and their preparations in effective dosage. The biologically active constituents in *P. ginseng* are a complex mixture of triterpene saponins known as **ginsenosides** (Lewis, 1986, Ng and Yeung, 1986, Liu and Xiao, 1992). The root contains 2-3% ginsenosides of which Rg, Rc, Rd, Rb1, Rb2, and Rb0 are quantitatively the most important.
- The Commission E approved ginseng as a **tonic for invigoration and fortification in times of fatigue and debility or declining capacity for work and concentration**. Ginseng was also approved for use during convalescence.
- The World Health Organization (WHO) monograph section on uses supported by clinical data' **re-affirms** the Commission E approved uses: **'used as a prophylactic and restorative agent for enhancement of mental and physical capacities, in cases of weakness, exhaustion, tiredness, and loss of concentration, and during convalescence'** (WHO, 1999).
- In Western Europe ginseng is **widely accepted among health care professionals and is sold as an over the counter drug**. Historically some Native American tribes in the US have used ginseng for **pain relief during childbirth**.
- Between 1687 and 1975, **over one thousand papers and books have been cited and abstracted** by the Korean Ginseng Research Institute and many more have been published since.
- The German Commission E of the Federal Health Agency **officially recognizes** indications, contraindications, side effects, interactions, dosages, modes of administration, duration of use and effects of ginseng. Ginseng is also included in monographs and in several pharmacopoeias (e.g Australia, China, France, Japan, Russia and Switzerland).
- Two major species are *Panax ginseng* C.A Meyer, also referred to as Asian ginseng, which is distributed primarily in Asia and East-Siberia and *Panax quinquefolium* L.
- The Greek word *Panax* refers to as **"heal all"**. A non *Panax* species of the ginseng family is *Eleutherococcus senticosus* or *Acanthopanax senticosus*, which is also known as **Siberian ginseng**.
- Ginseng is considered an adaptogen. An adaptogen is a substance that helps the body during **periods of physical, biological and chemical stress to regulate itself in order to regain equilibrium**.
- This may translate into a **substantial increase in working capacity** as was observed in rats when ginseng was administered. In addition to traditional reports, **the improvement in psychological, physical and mental performance with ginseng therapy has been experienced by more than 2000 patients in several clinical, controlled and uncontrolled studies**.
- The patients with the additional ginseng extract had **significantly higher quality of**

**life scores** than those with the multivitamin mineral combination alone.

- Based on available clinical data the Commission E has permitted ginseng's use as tonic for **invigoration and fortification in times of fatigue and debility, for declining capacity, for work and concentration and also during the recovery to health.**
- Preliminary in vitro and animal studies have indicated that ginseng may **promote insulin release, increase insulin receptors and enhance insulin sensitivity.**
- The author concluded that ginseng consumption may **decrease the risk of many cancer types.**
- Ginseng is generally **well tolerated.** High blood pressure is, however, mentioned as a contraindication to Eleutherococcus.

## **Detox - Ingredients:**

### **Milk Thistle seed extract:**

- The therapeutic activity of Milk Thistle (silymarin) is based on two sites or mechanisms of action:

#### **No.1:**

- **It alters the structure of the outer cell membrane** of the hepatocytes in such a way as to **prevent penetration of the liver toxin into the interior of the cell.**

#### **No.2:**

- It **stimulates** the action of nucleolar polymerase A, resulting in an **increase** in ribosomal protein synthesis, and thus stimulates the **regenerative ability** of the liver and the formation of **new liver cells.**
- Milk thistle extract provides **hepatocellular protection by stabilizing hepatic cell membranes** (McPartland, 1996). Other actions include **interruption of enterohepatic recirculation of toxins, stimulation of protein synthesis and regeneration of damaged hepatocytes as well as antioxidant activity** (McPartland, 1996).
- Recent research on silibinin and silichristin to promote **faster** regeneration of diseased liver tissue has focused on the ability of silibinin to **stimulate the activity of the DNA dependant RNA polymerase I**, causing an **increase in RNA synthesis** and an **accelerated formation** of intact ribosomes. This results in a general **increase in the rate of synthesis of all cellular proteins.** In vivo and in vitro molecular modeling experiments indicate that silibinin may **imitate a steroid hormone by binding specifically to polymerase I**, thus **stimulating enzyme activity** (Sonnenbichler et al., 1998).
- The Commission E **approved the internal use of crude milk thistle fruit** preparations for **digestion complaints.** Formulations are approved for **toxic liver damage** and for **supportive treatment in chronic inflammatory liver disease and hepatic cirrhosis.**

## Schisandra Chinensis fruit powder:

- Findings in this study suggest that the seed extract of Schisandra appeared to be a promising agent for the **improvement of Phase 1 oxidative metabolism in the liver damaged by CC14**. Fructus Schisandrae Chinensis (Magnoliaceae), a commonly used traditional Chinese medicine for centuries, has a wide spectrum of pharmacological action, such as **stimulating central nervous system, preventing cough and eliminating at phlegm, preventing liver injuries, anti-ageing, anti-virus** (Guo et al. 2006).

## Alpha lipoic acid:

- Alpha lipoic acid has become a **common ingredient in multi-vitamin formulas, anti-ageing supplements** and even pet food. It is well defined as a therapy for **preventing diabetic polyneuropathies and scavenges free radicals, chelates metals, and restores intracellular glutathione levels which otherwise decline with age**. There are few compounds as **multifaceted** as Lipoic acid as a **bioactive agent**. It is apparent that oral Lipoic acid supplements are clinically effective in **mitigating complications of diabetes** and potentially other **vascular diseases**. Lipoic acid plays an essential role in **mitochondrial dehydrogenase reactions** and has recently gained considerable attention as an **antioxidant**. It also **protects membranes** by interacting with Vitamin C and glutathione, which may in turn recycle Vitamin E.

## Radix liquiritiae extract (Licorice Root):

- The Commission E approved the internal use of licorice root for **catarrhs of the upper respiratory tract and gastric or duodenal ulcers**.
- Glycyrrhiza glabra has been shown to be **hepatoprotective and capable of inducing an indigenous interferon**.
- The British Herbal Compendium indicates its use for **bronchitis, peptic ulcer, chronic gastritis, rheumatism and arthritis, and adrenocorticoid insufficiency** (Bradley, 1992). The German Standard License approves licorice infusions for **loosening mucus, alleviating discharge in bronchitis and as an adjuvant in treating spasmodic pains of chronic gastritis** (Bradley, 1992, Bruan et al., 1997, Wichtl and Bisset, 1994). In France, licorice preparations may be used to treat epigastric bloating, impaired digestion, and flatulence (Bruneton, 1995).
- World Health Organization recognizes the following uses as being described in pharmacopeias and in traditional systems of medicine, **demulcent for sore throats, expectorant in treatment of coughs and bronchial catarrh, prophylaxis and treatment of gastric and duodenal ulcers, used in dyspepsia, anti-inflammatory in treating allergic reactions, rheumatism, and arthritis, to prevent liver toxicity and to treat tuberculosis and adrenocorticoid insufficiency** (WHO, 1999).



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