

# OXYFRESH INGREDIENT GLOSSARY

## A

**Alaria Esculenta** (*Dabberlocks*) – sea kelp rich in naturally occurring vitamins, minerals and amino acids

**Alcohol Denat.** (*SD Alcohol 40B*) – a fatty alcohol that disperses oil-soluble ingredients throughout product; acts as a softener and stabilizer

**Alfalfa Grass Powder** – good source of dietary fiber, cleanses, deodorizes, and detoxifies

**Allantoin** – moisturizes and softens skin, heals wounds, stimulates growth of healthy tissue

**Aloe Barbadosis** (*Aloe Vera Gel*) – soothes, promotes healing, boosts immunity, ensures nutrient absorption

**Aloe Barbadosis Leaf Juice** (*Aloe Vera*) – soothing properties, promotes healing

**Alpha Lipoic Acid** – antioxidant properties, stabilizes blood sugar, pain-relieving effects

**Amino Acid Complex** (*18 Aminos in Complex*) – the essential building blocks of protein, supports repair and growth of muscle tissue and nerve fiber

**Amylase** – essential for digestion of starches and carbohydrates, improves absorption of nutrients, works synergistically with lipase to digest fragments of viruses and reduce infection and inflammation

**Apple Cider Vinegar** – deep cleanser that removes buildup, restores pH

**Aralia Mandshurica** (*Manchurian Thorn Tree*) – primary adaptogen; enhances mental acuity

**Arginine** – assists in wound healing, stimulates immunity, promotes secretion of vital hormones

**Ascorbic Acid** (*Vitamin C*) – antioxidant and anti-aging properties, stimulates collagen synthesis

**Aspartic Acid** – expels harmful ammonia from the body, reduces fatigue, increases endurance

**Avocado Extract** (*Persea Gratissima*) – moisturizes skin and hair

## B

**Barberry** (*root*) – stimulates digestion and intestinal function

**Barley Grass Powder** – rich in antioxidants and enzymes, improves mobility, relieves aches and pains

**Bentonite** – assist in the removal of toxic substances in the digestive system

**Bilberry** – promotes eye health, antibacterial and antibacterial and antiviral properties

**Biotin** – aids metabolism of protein, fats and carbohydrates

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**Black Walnut** (*hull*) – relieves constipation, promotes bowel regularity

**Boron** – crucial to normal cell function, supports healthy bones and cell membranes

**Butternut** (*bark*) – relieves constipation, promotes liver health

## C

**Carbamide Peroxide** (19%) – FDA-approved whitening agent

**Calcium** (*as Carbonate, Citrate, Krebs and Ascorbate*) – essential for healthy bones and connective tissues

**Calcium Carbonate** – buffering agent, opacifier, oral care agent; cleansing and disinfecting properties

**Calcium Pantothenate** – antistatic agent

**Calcium Pyruvate** – enhances metabolism and fat loss, increases endurance, supports lean muscle

**Caraway** (*seed*) – relieves intestinal distress

**Carbomer** – thickener

**Carrageenan** (*Chondrus Crispus*) – binder, emulsion stabilizer, viscosity controlling agent

**Cascara Sagrada** (*bark*) – promotes healthy elimination

**Cellulase** – digests fiber cellulose, improves absorption of nutrients

**Cellulose Gum** – binder, emulsion stabilizer, viscosity controlling agent

**Ceresin Wax** – emulsion stabilizer, opacifier, viscosity controlling agent

**Cetyl Alcohol** – a fatty alcohol that acts as an emollient, emulsifying agent, opacifier, surfactant

**Cetyl Dimethicone Copolyol** – Emulsifying agent

**Chamomilla Recutita Extract** (*Matricaria*) – soothes inflammation

**Chang Tea** – naturally boosts energy

**Chlorine Dioxide** – disinfectant, biocide and fungicide; destroys spores, bacteria, viruses and other pathogen organisms

**Chlorophyllin-Copper Complex** – odor-reducing properties

**Cholecalciferol** (*Vitamin D*) – skin conditioner

**Chondrus Crispus** (*Carrageenan*) – anti-inflammatory effects

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**Chromium** (*as Niacinate*) – normalizes blood sugar, aids weight management, decreases blood cholesterol

**Chromium** (*Polynicotinate*) – lowers cholesterol, reduces sugar cravings

**Chromium** (*as Chromium Chloride*) – critical to the metabolism and storage of carbohydrate, fat, and protein in the body

**Citric Acid** – FDA-approved natural preservative; extends shelf life

**Cocamide DEA** – foam booster, stabilizer, viscosity builder, contains coconut oil and glycerin for conditioning properties

**Cocamidopropyl Betaine** – foaming agent, mild surfactant, wetting properties

**Coconut Kernels** – emollient, emulsifying agent

**Copper** (*as Glycinate and Krebs*) – absorbs and transports iron

**Crataegus Oxycantha** (*Hawthorn Fruit*) – promotes cardiac stability

**Creatine Monohydrate** – supports lean muscle growth

**Croscarmellose Sodium** – aids the dissolution/disintegration of pharmaceutical tablets

**Curcumin** (*from Turmeric Rhizome Extract*) – anti-inflammatory properties, promotes liver and gallbladder health, inhibits yeast overgrowth

**Cyclotetrasiloxane** – water-insoluble skin protectant; emollient; lubricant

**Cysteine** – converts to glucose to be used as energy, strengthens the protective lining of stomach and intestines

## D

**Dandelion** (*root, leaf*) – detoxifies, relieves constipation

**Decyl Glucoside** – surfactant

**Dessicated Liver** – promotes healthy red blood cells and liver function, increases energy, relieves stress

**DHA** (*Dicosahexaenoic Acid*) – promotes heart health, reduces levels of blood triglycerides, essential for normal visual and neurological development, anti-inflammatory effects

**Dicalcium Phosphate** – opacifier, viscosity controlling agent, oral care agent

**Dimethicone** – skin protectant

**DMDM Hydantoin** – FDA-approved preservative; extends shelf life

**Dodecylbenzene Sulfonic Acid** – surfactant

# OXYFRESH INGREDIENT GLOSSARY

## E

**Eleuthrococcus Senticosus** (*Acantho Root*) – "King of Adaptogens"; counteracts stress, increases productivity and endurance, normalizes body systems

**EPA** (*Eicosapenaenoic Acid*) – decreases risk of heart disease, reduces levels of blood triglycerides, anti-inflammatory effects

## F

**FD&C Blue #1** – color additive

**Fennel Seed Tea** – improves digestion, removes fat from intestinal tract

**Flaxseed** (*seed*) – rich in essential fatty acids and soluble fiber, supports heart health, anti-cancer effects

**Folic Acid** – aids tissue growth and cell function

**Fructose** – Sweetest natural sugar found in fruits, vegetables and honey, has very little effect on blood sugar and only a negligible effect on the secretion of insulin

**Fucas Vesiculosus** (*Bladderwrack*) – sea vegetable; rich in naturally occurring vitamins, minerals and trace minerals, supports urinary tract health, eases rheumatic aches and pains

## G

**Garcinea Cambogia** – curbs appetite, enhances metabolism, lowers cholesterol, increases energy and stamina

**Gelatin** – binder

**German Chamomile** – reduces inflammation, speeds wound healing, reduces muscle spasms, serves as a mild sedative to help induce sleep

**Ginger** (*rhizome, root*) – stimulates digestion, relieves nausea, indigestion and cramping

**Ginkgo Biloba** – improves energy, stamina and mental clarity, improves circulation, anti-aging and anticancer properties

**Glucoamylase** (from *Aspergillus niger*) maximizes nutritional value of foods

**Glumatic Acid** – supports nerve transmission in the brain

**Glutamine** – enhances muscle growth, neutralizes excess body acid, combats effects of aging, aids weight loss

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**Glycerin** – humectant, attracts moisture and softens skin

**Glyceryl Stearate** – emollient, emulsifying agent

**Glycine** – enhances activity of neurotransmitters in the brain, improves memory and cognition, supports prostate health

**Glycol Stearate** – emollient, emulsifying agent, opacifier, viscosity controlling agent

**Glycyrrhiza Uralensis** (*Licorice Root*) – supports immunity, improves skin tone

**Grape Seed/Skin Extract** (*Vitis Vinifera*) – antioxidant effects 20 to 50 times more powerful than Vitamin C, Vitamin E and Beta Carotene

**Green Tea** – regulates blood pressure and blood sugar, powerful antioxidant effects

## H

**Hawaiian Spirulina Pacifica** (*Blue Green Algae*) – excellent source of protein and antioxidants, supports immune system and eye health

**Henna Extract** (*Lawsonia Inermis*) – enhances natural highlights

**Hesperidin Complex** – supports healthy capillaries and circulation, enhances absorption and activity of vitamin C, boosts immune system, forms collagen in connective tissues

**Histidine** – antihistamine and anti-inflammatory effects, necessary for production of red and white blood cells

**Hydrated Silica** – opacifier, viscosity controlling agent

**Hydrogenated Castor Oil** – emulsifying agent, surfactant, viscosity controlling agent

**Hydrolyzed Soy Milk Protein** – antistatic agent, adds body and luster

**Hydrolyzed Soy Protein** – antistatic agent, adds body and luster

**Hydrolyzed Whole Wheat Protein** – antistatic agent, humectant

**Hydroxypropyl Methylcellulose** – emulsifier, stabilizer, viscosity controlling agent

## I

**Inonotus Obliquus** (*Chaga*) – supports healthy digestion and immunity

**Inositol** – essential for proper formation of cell membranes and nerve transmission, aids breakdown of fats, reduces cholesterol

# OXYFRESH INGREDIENT GLOSSARY

**Invertase** – digests sugars, prevents gastrointestinal discomfort

**Iodine** (*from Kelp*) – essential for cell metabolism, supports normal thyroid function and production of thyroid hormone

**Iron** (*as Ferrous Fumarate*) – necessary for the formation and function of red blood cells.

**Isopropyl Myristate** – binder, emollient

## K

**Kava Kava** – reduces anxiety, depression and insomnia, promotes muscle relaxation

**Kelp** – essential for cell metabolism, supports normal thyroid function and production of thyroid hormone

**Keratin Amino Acid** – antistatic agent

## L

**L-Glutamine** – helps repair and build muscle

**Lactase** – aids digestion of milk sugar in dairy products (lactose), improves gastrointestinal distress

**Laminaria Digitata** (*Oarweed*) – sea kelp; rich in naturally occurring vitamins, minerals trace minerals and amino acids

**Lemon Juice** (*Citrus Medica Limonium*) – aromatic effects, enhances shine

**Lemon Oil** (*Citrus Medica Limonium*) – aromatic effects, enhances shine to hair coat

**Leucine** – maintains muscle tissue and preserves muscle stores of glycogen for energy, prevents muscle protein breakdown during exercise

**Lipase** – aids digestion of fats, improves weight control, supports cardiovascular health and gallbladder function

**Lutein** – antioxidant effects, provides protection from age-related eye degeneration

**Lycopene** (*Lyco-Mato™*) – powerful antioxidant effects, reduces risk of heart disease and cancer

**Lysine** – needed for growth, maintains nitrogen balance in body, interferes with replication of herpes virus, aids calcium absorption and utilization, supports formation of collagen, connective tissue, skin, cartilage and bone

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## M

**Malt diastase** (from *Hordeum vulgare*) assists in the breakdown and digestion of starches

**Magnesium** – important for production and utilization of energy, ensures proper contraction and relaxation of muscles

**Magnesium Stearate** – stabilizer

**Manganese** (*Glucanate*) – antioxidant effects

**Marshmallow** (*root, leaf*) – promotes gastrointestinal health, boosts immunity

**Matricaria Extract** (*Chamomilla Recutita*) – soothes inflammation

**Meadowfoam Seed Oil** (*Limnanthes Alba*) – emollient

**Melatonin** – regulates sleep-wake cycles

**Methionine** – required for normal metabolism and growth, supports healthy skin, hair and nails

**Methylparaben** – FDA-approved preservative; extends shelf life

**Milk Thistle** – enhances liver function, stimulates cell production, improves skin problems

**Mineral Oil** (*Paraffinum Liquidum*) – protects skin; seals in moisture

**Molybdenum** (*as Krebs*) – essential for proper function of certain enzyme-dependent processes, metabolizes iron

## N

**Niacin** (*Vitamin B3*) – promotes healthy skin, anti-inflammatory effects, releases energy from carbohydrates, regulates cholesterol

**Nonoxynol-12** – emulsifying agent, surfactant

## O

**Octyl Palmitate** – emollient

**Omega-3 Fatty Acids** – protects against heart disease, migraines and depression, preserves brain function in later life

**Ornithine** – increases levels of anabolic hormones, promotes muscle growth, improves lean body mass

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## P

**Pantothenic Acid** (as d-Calcium Pantothenate) – helps in the production of energy, the catabolism of fatty acids and amino acids

**Papain** – digests proteins, relieves chronic diarrhea and gastrointestinal discomfort

**Para-Amino Benzoic Acid (PABA)** – aids healthy bacteria in producing folic acid, supports the formation of red blood cells

**Parsley** – stimulates digestive system

**Pau d'Arco** – bolsters immunity, reduces water retention

**Pau d'Arco Tea** – bolsters immunity, reduces water retention

**Pectinase** – breaks down carbohydrates such as pectin (found in many fruits)

**PEG-4** – humectant

**PEG-40 Hydrogenated Castor Oil** – Emulsifying agent, surfactant

**PEG-60** – humectant

**Peppermint** (*Mentha Piperita*) – relieves indigestion and nausea, antiseptic properties

**Peppermint Oil** (*Mentha Piperita*) – antiseptic properties, aromatic effects

**Peppermint Tea** – promotes healthy digestion, natural flavoring

**Petrolatum** – protects skin from irritation

**Phenylalanine** – a building block for various proteins, naturally elevates mood, reduces pain

**Phosphatidyl Choline** (*Leci-PC35P*) – essential for cell membrane integrity, breaks down fat deposits

**Phosphorous** – (as Calcium and Potassium Phosphate Dibasic) *helps with weight control and to increase energy*

**Piper Nigrum Extract** – enhances the bioavailability of other nutrients

**Plantain** (*leaf*) – promotes gastrointestinal health, reduces intestinal absorption of lipids and cholesterol

**Potassium** – regulates water balance, level of acidity, blood pressure and neuromuscular function, critical to healthy heart function

**Potassium Phosphate** – buffering agent, pH adjuster

**Potassium Sorbate** – FDA-approved preservative; extends shelf life

**Proline** – supports collagen biosynthesis

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**Propylene Glycol** – humectant; retains moisture in skin

**Propylparaben** – FDA-approved preservative; extends shelf life

**Protease** – enhances digestion and utilization of proteins, aids nutrient absorption

**Pumpkin** (seed) – supports bone health and has anti-inflammatory properties

## Q

**Quercetin** – antioxidant, antihistamine and anti-inflammatory properties, supports capillary strength

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## R

**Retinyl Palmitate** – rejuvenates and improves texture of sun-exposed skin, antioxidant and anti-aging properties

**Rhaponticum Carthimoides** (*Maral Root*) – primary adaptogen; enhances muscles development, improves performance, endurance and circulation

**Rhodiola Rosea** (*Russian Rhodiola*) – primary adaptogen; enhances mental and physical performance, normalizes heart rate, improves nervous system function, stabilizes mood

**Rhubarb** (*rhizome, root*) – relieves constipation, promotes gallbladder health

**Riboflavone** – releases energy from carbohydrates, aids body growth and red blood cell production

**Rice Bran** – nutrient-rich binder

**Rice Flour** – gluten-free binder

Rice Syrup Solids –

**Rosemary Extract** (*Rosmarinus Officinalis*) – additive

**Rosewood Oil** (*Aniba Rosaedora*) – soothes skin irritation, improves skin elasticity

**Rutin** – supports healthy capillaries and circulation, enhances absorption and activity of vitamin C, enhances immune system, forms collagen in connective tissues

## S

**Sage** (leaf) – offers relief for upset stomach and internal discomfort

**Saponified Coconut Oil** – emollient, emulsifying agent, nourishes scalp

**Schizandra Chinensis** (*Chinese Magnolia Vine*) – primary adaptogen; counteracts stress, increases productivity, combats fatigue

**Sea Salt** – mineral-rich additive

**Selenium** (*Chelate*) – antioxidant and anti-cancer effects, supports immunity and reproduction

**Silica** – supports healthy formation of bones, arteries, connective tissue, hair, skin and nails

**Silicon Dioxide** – supports healthy skin, hair and connective tissues

**Silk Amino Acids** – humectant

**Sodium Benzoate** – FDA-approved preservative, extends shelf life

**Sodium Chloride** – viscosity controlling agent

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**Sodium Chlorite** (*Oxygene® – stabilized chlorine dioxide*) – oxidizes volatile sulfur compounds, eliminates oral odors, anti-plaque and anti-calculus activity, disinfectant properties

**Sodium Citrate** – natural alkalizing compound

**Sodium Copper Chlorophyll** – reduces oral odors

**Sodium Copper Chlorophyllin** – supports the circulatory, digestive, reproductive (female), respiratory and immune systems

**Sodium Fluoride** – prevents tooth decay (anti-caries)

**Sodium Hydroxide** – pH adjuster

**Sodium Lauryl Sulfate** – foaming agent, emulsifier, wetting and dispersing properties, increases absorption of micronutrients through skin

**Sodium Metasilicate** – Chelating agent

**Sodium Perborate** – Oxidizing agent

**Sodium Saccharin** – additive, oral care agent

**Soleucine** – maintains muscle tissue and preserves muscle stores of glycogen for energy, prevents muscle protein breakdown during exercise

**Sorbitol** – bulk sweetener with one-third the calories of sugar, humectant and texturizing agent, does not promote tooth decay

**Sorbus Aucuparis** (*Ashberry Fruit*) – anti-aging and antioxidant effects, stimulates immune system

**Soy Sprouts** (*Glycine Max, hydroponic and organic*) – promotes heart health, reduces risk of cancer, strengthens immunity, detoxifies

**Soybean Oil** (*Glycine Max*) – promotes heart health, reduces LDL cholesterol

**Soy Protein Isolate** – may reduce the risk of coronary heart disease and help prevent osteoporosis, some cancers and menopausal symptoms

**Soyforce™ Enzyme Active Soy Sprouts** – strengthens immunity, detoxifies, anti-fungal properties

**Spearmint Extract** (*Mentha Viridis*) – soothes skin irritation, relieves itching, aromatic effects

**Spearmint Oil** (*Mentha Viridis*) – soothes irritation, relieves itching, aromatic effects, natural flavoring

**Spirulina** – excellent source of protein and antioxidants, supports immune system and eye health

**St. John's Wort** – relieves anxiety and insomnia

**Stearic Acid** – plant-based emulsifier

# OXYFRESH INGREDIENT GLOSSARY

**Stevia** – natural sweetener

**Sucralose** – a non-caloric sweetener derived from sugar yet not recognized as sugar in the body, does not support the growth of oral bacterial, does not promote tooth decay

**Suma Tea** – aids tissue repair, supports the building of lean muscle

**Syloid** (*Silica*) – supports healthy formation of bones, arteries, connective tissue, hair coat and skin

## T

**Taurine** – aids absorption of fat-soluble vitamins, regulates heartbeat, maintains cell membrane stability, prevents brain cell over-activity

**Tea Tree Oil** (*Melaleuca Alternifolia*) – antibacterial, antiseptic and antimicrobial properties, aromatic effects

**TEA-Lauryl Sulfate** –emulsifier, surfactant

**Thiamine** (*as Thiamine HCl*) – converts carbohydrates into energy

**Threonine** – promotes growth of thymus gland, boosts immune system, essential to the formation of tooth enamel, protein, elastin and collagen

**Titanium Dioxide** – opacifier

**Tocopheryl Acetate** (*Vitamin E*) – antioxidant, anti-aging and moisturizing properties

**Trace Minerals** (*includes copper, zinc, manganese, iodine, chromium*) – essential in trace amounts for the assimilation and utilization of vitamins and other nutrients, provide catalyst for many hormones, enzymes and essential body functions and reactions

**Triclosan** (*0.15%*) – antibacterial properties

**Tricontanyl PVP** – protects skin; attracts moisture

**Triethanolamine** – balances pH

**Trimethylsiloxysilicate** – emollient

**Turmeric Extract** (*Curcuma Longa*) – anti-inflammatory properties, promotes liver and gallbladder health, inhibits yeast overgrowth

**Tyrosine** – a precursor to several neurotransmitters, regulates mood disorders, counteracts adverse effects of stress

## U

# OXYFRESH INGREDIENT GLOSSARY

**Ulva Lactuca** (*Sea Lettuce*) – sea algae; rich in naturally occurring vitamins, minerals, trace minerals and amino acids

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## V

**Valerian** – promotes relaxation and sleep, relieves pain

**Viburnum Sargentii** (*Cranberry Fruit*) – anti-aging and antioxidant effects, stimulates immunity

**Vitamin A** (*as Beta Carotene*) – regulates immune system, supports vision, bone growth and reproduction

**Vitamin A** (*Retinyl Palmitate*) – nutrient additive, antioxidant, conditions scalp

**Vitamin B1** (*as Thiamine Mononitrate*) – essential in energy-yielding metabolism, especially carbohydrates, and for nerve conduction.

**Vitamin B12** (*as as Cyanocobalamin*) – supports metabolism and central nervous system, aids formation of red blood cells

**Vitamin B2** (*Riboflavin*) – nutrient additive, colorant

**Vitamin B3** (*Niacin*) – releases energy from carbohydrates, regulates cholesterol

**Vitamin B5** (*as d-Calcium Pantothenate*) – aids energy production, activates adrenal glands, regulates cholesterol and triglycerides

**Vitamin B6** (*as Pyridoxine HCl*) – essential for converting food into energy, supports immune system through the synthesis of antibodies

**Vitamin C** (*Ascorbic Acid*) – essential for converting food into energy, vital to production of collagen, supports bones, cartilage, muscles and blood vessels, aids immune system, pro-vitamin additive, antioxidant, buffering agent

**Vitamin D** – maintains strong bones, aids absorption of vitamin C

**Vitamin D3** (*as Cholecalciferol*) – maintains strong bones, aids absorption of vitamin C

**Vitamin E** (*as d-alpha Tocopheryl Succinate*) – protects cells against damaging effects of free radicals

**Vitamin K** (*as Phytonadione*) – essential for regulating blood clotting

## W

**Wheat Amino Acids** – additive

**Wheat Grass** (herb) – increases the body's production of red blood cells, stimulates healthy tissue-cell growth

**Wheat Sprouts** – excellent source of antioxidants, protects against damaging effects of free radicals

**Whey Protein** – a complete protein containing all essential amino acids, enhances energy

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## X

**Xanthan Gum** – FDA-approved food additive; stabilizer, thickener and suspending agent

**Xylitol** – sugar-free sweetener/flavoring agent, reduces risk of tooth decay (anti-caries)

## Y

**Yerba Maté** – increases mental and physical energy

## Z

**Zinc** (*as Methionine*) – supports healthy immune system

**Zinc Acetate** – counteracts toxicity of volatile sulfur compounds, inhibits oral odors

**Zinc** (*as Zinc Carbonate*) – antioxidant properties