

# The Big 3 Botanicals: What are they and how can they revitalize your health?



*Chris Kilham is a respected colleague who's an acknowledged expert on nutraceuticals. He was an early pioneer in mainstreaming the use of potent herbal extracts based on his extensive ethnographic research entailing study of the health secrets of far-flung cultures; I first interviewed him on my show in the 90s. Here he presents the rationale behind a great updated formula with numerous health benefits.*

*-Dr. Hoffman*

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Scouring the globe and chasing novel and time-tested herbs and phytonutrients on the medicine trail has been my passion for since the late 1970s. Conducting field research in over 40 countries over the course of 5 decades has taught me first-hand about the crucial role botanicals play in rejuvenating our health and keeping us vibrant, mentally sharp and active. As an ethnobotanist and Medicine Hunter, I've visited the jungles of the Amazon and I've hiked the mountains of Siberia to witness how these botanicals grow in the wild and facilitate how they can be sustainably harvested for supplementation. Many plants and herbs nourish the body and mind, but there are three in particular that rise above the rest when it comes to promoting energy, vitality, cardio health, brain function, joint health and even a healthy metabolism. In my estimation they are: a high quality **Green Tea**, **Curcumin from Turmeric**, and **Resveratrol**.

## **Green Tea**

Not only is green tea one of the world's most widely consumed botanicals, it is also one of the most beneficial. Green tea leaves contain compounds called polyphenols that have been examined in a multitude of clinical studies. Green tea polyphenols include a group of substances called "catechins." One among these, EGCG (epigallocatechin gallate) has demonstrated high antioxidant activity, along with support for cardiovascular function and a normal metabolic rate.\*

## **Curcumin**

Turmeric root is endowed with a family of special botanical compounds called “curcuminoids.” Known collectively as “curcumin” these unique substances are health protectors for a number of tissues and functions in the body.\* As a cell-protecting botanical extract, curcumin plays a vital role in helping to maintain healthy joint tissue comfort and function.\* And continuing research into curcumin has seen benefits for healthy brain function as well.\*

## **Resveratrol**

Renowned for its healthy aging properties, resveratrol supports the circulatory and cardiovascular systems, as well as healthy energy levels, endurance, and stamina.\* First discovered in 1940, Resveratrol is a standout among phytonutrients with more than 4,000 research studies describing its effects on our physiology. Resveratrol is a powerful antioxidant that outperforms many other plant-based flavonoids. Resveratrol boosts the function of enzymes in the body that help tamp down the impact of oxidative stress on tissues.\*

## **Putting Them All Together in Green Tea CR™ Phytosome®**

Individually, each of these botanicals can have profound effects on healthy living. I call them “The Big 3 Health Revitalizers,” and I have seen first-hand the transformative impact each one can have on the people who enjoy them every day.

When I think of the health concerns that so many of us need to address, especially as we get older—things like energy levels, heart health, cognitive ability, weight management, and joint

comfort—I just can't find 1 simple solution that can target each and every one of these areas.

There simply is no “magic bullet”—no single food, plant, or medicine—that does it all. What's needed is a multi-pronged approach, one where the ingredients work together to affect the whole. So, I approached Purity Products® and asked them to apply their 25+ years of experience with nutraceuticals to help me create a single formula that would harness the benefits of green tea, curcumin, and resveratrol. One of the first things Purity insisted on is that we find the best versions available of each ingredient. Nutrient absorption has a huge effect on how the body utilizes a botanical, and too many formulas out there use ineffective forms of these ingredients—and at doses that just do not match the scientific studies.

Inside **Green Tea CR™ Phytosome®** you will find:

- **GreenSelect® Green Tea Phytosome®**— This highly absorbable form of green tea is produced using a proprietary technology that helps it promote healthy energy, vitality and fat burning.\*
  - Two veggie-caps are equivalent to drinking 1-2 cups' worth of Green Tea polyphenols.
  - One showed that overweight healthy subjects on a low-calorie diet and exercise regimen who consumed 300 mg of GreenSelect® Phytosome® daily for 90 days **lost more than 2-times as much weight as subjects on a low calorie diet and exercise regimen alone.\*** Green Tea CR Phytosome contains 320 mg of this exact Green Tea.
  - Plus, GreenSelect® Green Tea Phytosome® is naturally decaffeinated, so this is a stimulant-

free solution for those who avoid green tea because of the caffeine.

- **Meriva® Bioavailable Curcumin**– This special curcumin is formulated in a “Phytosome Matrix” that produces up to **29X better absorption** than standard extracts. Clinical studies have shown Meriva® Bioavailable Curcumin helps support joint comfort, circulatory health, and vision health.\*
- **Trans-Resveratrol**– Resveratrol comes in 2 molecular forms: cis and trans, with trans-resveratrol being the more highly absorbable of the two. Green Tea CR™ Phytosome utilizes 40 mg of natural trans-resveratrol sourced from *Polygonum cuspidatum* (Japanese knotweed) to support healthy circulation.\*

In all of my travels, I have yet to come across a 3-ingredient combination that can match this one for its positive effects on heart health, brain function, and weight management (which is a key to so many other areas of good health).\* And while you certainly could drink a cup of green tea and a glass of wine while eating a spicy curry every day, it would be very difficult! That’s why I consider this formula to be such a healthy shortcut. I take it every day and can tell you the nutritional boost you get from the phytonutrients and green tea polyphenols in Green Tea CR™ Phytosome® will do your body a world of good.

As a Dr. Hoffman website reader, you may take advantage of a **FREE bottle of Green Tea CR** + a free B-12 Energy Melt (just pay \$4.95 for shipping and see details on the website) by visiting [www.FreeGTCR.com](http://www.FreeGTCR.com). Or you may call 1-800-218-6030.

*Chris Kilham – Medicine Hunter, Ethnobotanist*

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