





# A Message from Dr. Milam

## Living the 360° Lifestyle



When we think of 360° we usually think of a complete circle. New Spirit's 360° means incorporating New Spirit products everywhere in your life – at home, at work, at meals, when traveling, visiting friends, with your children, cleaning your home, doing the laundry or consuming purified water.

New Spirit Naturals has been one of the leading educators of nutritional education since 1981 encouraging everyone to adopt healthy lifestyle choices. For more than 30 years we have been dedicated to our mission "Changing the Health of the World One Person at a Time – Beginning with You."

**#1. What can I do to make my personal health better?** First, look at your diet. Do you make the healthy choice 50%, 70% or 95% of the time? Most of us have room for improvement. If you make healthy choices 70% of the time then set your goal to do better this year – challenge yourself to 90 percent of the time.

**#2. Are you making good lifestyle choices and always trying to do better?**

It's time to change or eliminate choices that are not leading you to better health and wellness.

**#3. Are you faithful in supplementing your diet with the right nutritional products?** Have you thought through the supplements you are taking (with your health goal in mind) and making the right choices for your personal needs? If you need help in evaluating what you need, call our office and talk to one of our nutritional counselors.

**#4. Are you helping your family to make the right dietary and supplement choices?** Become the nutritional leader in your family. Step up to the task – we need you.

**#5. Have you surveyed your home environment and tried to rid it of dangerous toxins and chemicals?** Look at the cleaning chemicals you are using and replace those with New Spirit's KleanHouse™ non-toxic, full biodegradable and natural essential oil cleaners. Our product can replace 6-8 or more of the chemical cleaners you are using. Research is showing that our homes are loaded with toxic chemicals and cleansers and that the air is more toxic than being outside. Statistics show that women who work at home in these toxic environments have a higher cancer rate, than those who work outside the home.

**#6. Is your drinking water safe?** To be healthy we want to also consume and cook with water that is purified. Even the best tap water is going to have lots of chemicals added to it by the public water system. If you don't have water filter or purifier system then do so immediately. Clean water is so essential to good health.

It's a new year. It's time to take meaningful action and make changes that can lead you to your wellness goal. I encourage you to take the challenge and adopt the New Spirit 360° lifestyle.

You have nothing to lose and lots to gain. Don't be afraid to become the 360° lifestyle leader in your family, your area and among your friends. We are here to support you in your choice.

Let's all open many doors this year, beginning with us, and be the agent of change we are all seeking.

I am more confident than ever that we are making a difference in this world, in our families' lives and in our own. We are changing the health of the world.

Health & Happiness to you.  
Dr. Larry Milam.

A handwritten signature in black ink that reads "Larry Milam". The signature is fluid and cursive.



Dr. Larry Milam  
Ph.D., HMD., CNC  
President/CEO



# Promote a Healthy Heart, Strong Bones and Joints

## Vitamin K2 (MK-7)

By Dr. Larry Milam

Vitamin K, a fat soluble vitamin, was first known for its essential role in the functioning of several proteins involved in blood clotting or coagulation (which is important to prevent excessive bleeding after an injury.) Now Vitamin K is understood to offer additional benefits, including its role delivering Vitamin K dependant proteins, which are necessary for bone mineralization (keeping calcium in the bone.)

There are generally two forms of Vitamin K: K1 and K2. Vitamin K1 is obtained in the diet primarily from dark leafy vegetables (lettuce, spinach and broccoli). Unfortunately, Vitamin K1 is tightly bound to the chlorophyll in green plants, thus, aging humans are not always able to benefit from ingested K1-containing plants. Vitamin K1 is not absorbed particularly well from food. Our Vitamin K2 (MK-7) is a highly bioavailable natural extract of Natto, a traditional food used in Japan for over 1,000 years.

Vitamin K2 (MK-7) is found only in small quantities in the diet, primarily in dairy products. Human studies show that Vitamin K2 (MK-7) is absorbed up to ten times more than Vitamin K1. Vitamin K2 (MK-7) remains more biologically more active in the body than Vitamin K1. For instance, Vitamin K1 is rapidly cleared by the liver within 8 hours, whereas measurable levels of Vitamin K2 (MK-7) have been detected 72 hours after ingestion. Our Vitamin K2 (MK-7) is naturally produced and does not contain genetically modified microorganisms (GMO-Free).

### BONE HEALTH

Our bones change every seven years. Bone is comprised of a hard outer shell and a spongy inner tissue matrix which is a living substance. The entire skeleton is replaced every seven years. This process is regulated by osteoblasts cells that build up the skeleton and osteoclasts cells that break down the skeleton. As long as the bone forming activity (absorption) is greater than the bone-breakdown (resorption) the process of maintaining health bones will be under control.

Osteoblasts produce a vitamin K-dependent protein called osteocalcin. This protein helps bind calcium in the bone matrix leading to increased bone mineral content. Consequently the skeleton becomes more resistant and less susceptible to fracture. Osteocalcin needs natural Vitamin K2 (MK-7) to function optimally. Long-term vitamin K deficiency will lead to significantly reduced density and quality of bone.

In a 3 year study, published in *Osteoporosis International*, 244 healthy postmenopausal women received a daily dose of 180 mcgs of Vitamin K2 as MK-7, or a placebo. Compared to the placebo, MK-7 significantly decreased the age-related decline in bone mineral content and bone mineral density at the lumbar spine and femoral neck. Bone strength was also favorably affected by MK-7. As a positive addition, MK-7 significantly decreased the loss in vertebrae height.

### CARDIOVASCULAR HEALTH

Calcification of atherosclerotic plaques occurs over time as we age. This results in decreased elasticity of the blood vessels and increased risk of clot formation (which is the usual cause of a heart attack or stroke.)

In a population-based study of 4,807 subjects were analyzed for their Vitamin K intake as well as other risk factors for poor cardiovascular health. The results showed the relative risk for poor cardiovascular health was significantly reduced, as was severe aortic calcification with Vitamin K2 (MK-7) intake (but not for Vitamin K1). In a study of 564 post-menopausal women with coronary calcification, higher dietary intake of Vitamin K2 (MK-7) (but not K1) was associated with a reduced risk of coronary calcification.

### CELL GROWTH

Another vitamin dependant protein called Gas6 was identified in 1993. Gas6 appears to be a cellular growth regulation factor with cell signaling activities. It is important for several cellular functions including cell adhesion, cell proliferation and protection against apoptosis. Gas6 is involved in regulating platelet signaling and vascular homeostatis.

In in-vitro research Vitamin K2 (MK-7) was shown to suppress the recurrence of abnormal liver cell growth. In a cohort study Vitamin K2 (MK-7) was found to reduce abnormal prostate cell growth in men by 63 percent.

### KIDNEY HEALTH

New research is being performed to link Vitamin K2 (MK-7) with preventing and/or improving kidney disease, liver disease, neurological disorders and even certain cancers. Thus, it is important that we supplement our diets with the proper amount of our natural, allergen free, non GMO and kosher certified, Vitamin K2 (MK-7).

### VITAMIN K AND VITAMIN D

Data shows that Vitamin K2 (MK-7) enhances Vitamin D3 gene induction of osteocalcin (OC), a pro-osteoblastic, noncollagenous protein found in the bone matrix. Human clinical research has shown that the combination of K2 and Vitamin D3 is more effective in supporting bone mineral density than either nutrient alone.

Both Vitamin K and Vitamin D down-regulate pro-inflammatory cytokines, thereby promoting a healthy inflammatory balance.

### Suggested Use:

The Daily value for Vitamin K is 80 mcg for adults and children over 4 years of age. The Food and Nutrition Board of the Institute of Medicine has established what is identified as Adequate Intake (AI). For men, the AI is 120 mcg/day for men above 19 years old and 90 mcg's for women. Each capsule of our MK-7 contains 100 mcg of natural Vitamin K2 (MK-7).

### Caution

Do not take Vitamin K with drugs that interfere with Vitamin K metabolism such as Warfarin, without consulting with your doctor.



Try Vitamin K2 (MK-7) today to experience the great benefits.  
Visit [www.newspirit.com](http://www.newspirit.com) to learn more about and order this exceptional product.



# New Spirit Home

Organic

Natural

Biodegradable

## Shocking facts about toxins in our home

- The average American uses about 25 gallons of toxic, hazardous chemical products per year in their home... A major portion of these can be found in household cleaning products. - *"Prosperity Without Pollution,"* By Joel S. Hirschorn and Kristen V. Oldenburg, 1991
- Within 26 seconds after exposure to chemicals such as cleaning products, traces of these chemicals can be found in every organ in the body.
- More than 1.4 million Americans exposed to household chemicals were referred to poison control centers in 2001. of these, 824,000 were children under 6 years.
- Over 80 percent of adults and 90 percent of children in the United States have residues of one or more harmful pesticides in their bodies.



Citrus, Lavendar or Lemongrass Scent  
16 oz. (480 ml.)

## Our Mission

To clean every home and reduce our personal toxic and collective chemical burden so that we may enjoy better health and the fullness of life. KleanHouse™ is a pure, clean and wholesome cleaning product for your home without the use of toxic, industrial chemicals. Each of our products contain only the following ingredients:

- A. Pure Water - de-ionized to remove minerals and other impurities
- B. Organic Vegetable Glycerin
- C. Pure White Distilled Organic Vinegar
- D. Natural, cold pressed or distilled Essential oils
- E. A high performance, environmentally friendly, biodegradable, nontoxic CleanGredient® surfactant.

## With the use of essential oils, KleanHouse™ is good for your home, and good for you!

### Grapefruit Essential Oil

Provides an uplifting and reviving effect making it useful in aroma therapy for treating stress, depression and nervous exhaustion.

### Lavender Essential Oil

Well known for its seductive properties and is useful in treating depression, migraines, insomnia and nervous tension as well as dealing with stress.

### Lemongrass Essential Oil

Lemongrass kills bacteria and fungal infections. In aromatherapy it is used to cool and reduce fever in the body and helps ease aching muscles. Also used to calm the nervous system.

### Orange Essential Oil

This oil has a refreshing and stimulating effect on the body while still leaving you relaxed. It is known to have antiseptic qualities.

### Tangerine Essential Oil

Qualities include easing nervous tension, providing cheering and uplifting benefits, relaxing the mind and helps to achieve a state of balance. It is sometimes promoted as a natural sleep aid.

### Eucalyptus Essential Oil

Its naturally clean scent makes it a favorable ingredient for aroma therapy and is used in cosmetics, pharmaceuticals for treating minor aches, pains and as a natural insect repellent.

### Citrus (Lemon) Essential Oil

Lemon is a stimulating, invigorating astringent, deodorizer and antiseptic making it a perfect component for a natural cleaning product. Leaves a clean, fresh lemon scent.

## Benefits of KleanHouse™

- It's surprisingly effective and safe when compared to other toxic cleaners.
- It is gentle on the hands.
- Does not deposit harmful residual toxic chemicals on to the surfaces of our homes.
- Environmentally friendly - even going down the drain.
- Helps reduce the toxic level of your home
- Biodegradable - 60% in 10 days- up to 96% in 30 days
- Contains more than 97.5% organic ingredients
- Contains NO dyes, coloring agents, parabens or preservatives

To read this article in Spanish please see page 12



## Sea Clear™ Laundry Detergent

Many people wonder what really makes our laundry detergent better and, most importantly, how can we put such a small scoop in the box and expect people to use just one scoop... or less, depending on the application. It comes down to this: There are no hidden ingredients but there is a special way in which the ingredients are mixed together to create a formula that dissolves completely, cleans your clothes to your expectation level and then rinses completely out of your clothes to leave no residue that can be irritating.

Dye and Fragrance Free	Ultra-Concentrated
Safe for septic tanks	Low Suds Formula
Cruelty Free	Completely Biodegradable
No animal by-products	No animal testing
100% Phosphate Free	No Optical Brighteners
Gentle For Sensitive Skin	Low Cost-Per-Wash

### HE (High Efficiency) Detergent Info

Sea Clear™ Laundry Detergent has specifically been formulated to be compatible in HE / Front Load Washing Machines.

### Cloth Diapers

We have been recognized in hundreds of blog sites as being the product that most Moms love for washing cloth diapers and baby clothes while getting the results they want....and all for the same reasons they like it for grown-up clothes; no residue, no fragrance, fresh smell and clean!



## Tea Tree Oil (New Double-Size)

Due to the long history of Tea Tree Oil, the internet is loaded with many stories, testimonies and folklore about the possible uses for this oil. Tea Tree Oil is considered a natural antiseptic, bactericide, fungicide and anti-viral with anesthetic qualities. Its scent is described as fresh, warm, spicy, medicinal and pungent. It delivers cleansing, toning and deodorizing properties. Below, are some of the most commonly reported uses:

Acne	Nasal Congestion
Athlete's Foot	Muscle Ache
Cold Sores	Mosquitoes/bites/stings
Allergic Reactions to Nickel	Yeast infections of mouth & throat
Cuts/Itches/Poison Oak	Leeches/ticks
Vaginal Infections	Nail fungus
Mouth Cankers/Sore Gums/	Psoriasis
Plaques/Bad Breath	Oily Skin

For more in-depth information on these amazing products, please visit our website: [www.newspirit.com](http://www.newspirit.com)



## Powerful Energetic Cleansing Sacred Sage



In today's fast paced world it seems that no matter what you do you, there are times when you just seem to hit an invisible wall. Could this be a wall of energy blocking you from your true potential? Is it time to blast away those barriers and discover your true path to success? This incredible energetic mist was originally designed by Ondre for practitioners who needed a powerful tool to use in their daily practice. Today, Sacred Sage has become a must have for anyone who works with the public. Lovingly nicknamed the happiness spray, Sacred Sage is sure to bring a smile to even the saddest of faces. More importantly, feel how it clears away the negative energy in any room. Sacred Sage could be your secret to unlocking your true potential freedom and success.

### Active Ingredients:

**Clary Sage (Salvia Sclarea):** healing and cleansing powers, opens the path to the unknown and prepares us for adventure.

**Rosemary (Rosmarinus Officinalis):** stimulates the central nervous system strengthening mental clarity and awareness, enhances memory retention, increases concentration, is conducive for meditation, and relieves fatigue.

**Frankincense (Boswellia Carteri):** calms anxiety, nervous tension and fear, clears the mind, and is conducive to prayer and meditation.

**Myrrh Pure (Commiphora Myrrha):** eases fears and anxieties, releases emotional blocks, opens spiritual channels and is an excellent meditation aid.

**Element Colloidal Gold:** stimulates the life force and raising the frequency of vibration on all levels.

### How to use Sacred Sage:

- Spray once and walk through the mist breathing deeply to clear your personal energy and cleanse your biofield.
- To clear the room of unwanted energy simply spray each corner and any doorways or exits and watch themagic unfold.
- To inspire creativity, inspiration, or to promote better meditation and prayer, spray three times above you, let the mist gently caress you and begin your form.
- For protection spray before or after there has been a negative event; very useful in hotel rooms or in places where something negative or dark has happened.



# Green Coffee Bean Extract

## Unlocking the Keys to Successful Weightloss



Jason Milam, General Manager



According to the Center for Disease Control (CDC), approximately 60% of the current US population is considered overweight or obese. Unfortunately these number continue to rise at an alarming rate!

There are numerous reasons why we gain weight including stress, comprised blood sugar metabolism, over consumption and poor food choices. When we make poor food choices and eat nutritionally deficient foods that contain excessive amounts of fat and sugars we tell our bodies to store this excess glucose load as fat for later energy use. However due to our busy lifestyles, it has become increasing difficult to get the proper exercise that our bodies require to burn this excess stored fat. Excess fat or weight accumulation has been linked to many serious health conditions such as diabetes, cardiovascular disease, sleep apnea, decreased mobility and many other debilitating conditions.

The time is now to address our weight concerns because there is strong evidence that moderate weight loss, about 5% total body weight, can reduce your risk of ever developing these serious conditions.

Start your weight loss journey by addressing one of the most common reason we gain weight - compromised blood sugar metabolism. New Spirit Naturals newest product, Green Coffee Bean Extract contains over 50% chlorogenic acid which may assist weight loss by slowing the absorption of glucose helping us avoid the sugar spikes that cause us to store fat. Maintaining healthy blood sugar levels can improve our glucose metabolism and support a healthy ratio of lean body mass and help you lose unwanted weight.

Recent studies on Green Coffee Bean Extract have shown it to be an effective tool for weight reduction with some participants losing an average of 17 pounds without making changes to their diets or exercise regimens. Based on this study, Dr. Oz has declared Green Coffee Bean Extract an effective tool for weight reduction.

New Spirit Naturals never compromises on quality. Each capsule of our Green Coffee Bean Extract contains 450mg of 50% standardized chlorogenic acids.

Each bottle contains a 30 day supply.

So whether you are a busy professional with limited time, a individual with weight concerns or a person just looking to achieve you weight loss goals, we have a variety of products and education to help you have maximum success.

Usage: Three capsules per day. Take one capsule 20 to 30 minutes prior to each meal.



Dr. Wendy Rashidi,  
#1 Distributor, USA

## ProCran™

### Maintain Optimal Urinary Tract & Bladder Health

New Spirit Naturals ProCran™ dietary supplement contains the first proven whole cranberry fruit extract (Cran-Max® 500mg) clinically studied to be beneficial for urinary tract health. Our product contains a cranberry extract (50:1) along with a prebiotic and several probiotics designed to support normal intestinal flora, urinary and bladder health and general wellbeing. Each 500 mg serving of Cran-Max® contains approximately 80 - 100 mg's anthocyanins including proanthocyanidins. This special mix discourages harmful pathogenic bacteria from clinging to the mucosal cells lining the urinary tract and bladder which reduces the likelihood of infections. This product features a controlled release of key ingredients due to a special matrix shield which also protects key ingredients from stomach acid.

#### BENEFITS of PROCAN™

- Helps the body protect itself against the discomfort of bladder infections (cystitis) and lowers urinary tract infections (UTIs).
- Helps reduce the frequency of recurring bladder and urinary tract infections.
- Helps mask the urinary odor during incontinence.
- Helps support overall intestinal function and immune health.
- Delivers 500 mg of CranMax® (clinically tested cranberry concentrate with powerful proanthocyanidins (PACs). Contains whole cranberry (fruit, fiber, skin and seed oil). No synthetics.
- Contains 4 probiotic strains: Lactobacillus acidophilus, Bifidobacterium bifidum, Bifidobacterium longum, Lactobacillus rhamnosus, and inulin prebiotics.
- Vegetarian
- All Natural
- Non-GMO / Non-Irradiated

ProCran™ has been formulated by Dr. Milam based on clinical research and 35 years of experience in formulating dietary supplements. By using this super concentrated cranberry whole food powder one is able to receive the equivalent activity of 8-12 ounces of cranberry juice (without the high sugar content of most cranberry juice cocktail drinks).

Usage: Take 1 to 2 capsules with a full glass of 8-12 oz of water or as directed by your health care practitioner.



To read these articles in Spanish, please see page 14



# ORAC+™ 10,000+

Over 10,000 ORAC units per serving

Antioxidants are vital to our health. They help the body defend itself against free radical damage. Free radicals are present in our bodies at all times and attempt to damage the integrity, strength and health of our cells resulting in the body aging faster and leading to potential disease. They enter our systems as a result of the foods we eat, the air we breathe and the lifestyle choices we make.

We are able to fight off the attack of free radicals on our body with the help of antioxidants. By adding to our antioxidant intake daily, we give our body the necessary help to win the battle over free radical damage. ORAC+™ 10,000+ is just one of many strong antioxidant products New Spirit offers to help you stay young and healthy.

## ORAC

ORAC (Oxygen Radical Absorbance Capacity) is the scientific standard for measuring the antioxidant potency of foods and dietary supplements. The ORAC assay was originally developed by Dr. Guohua Cao of the National Institute of Aging in 1992. In 1996 Dr. Cao joined Dr. Ronald Prior's group at the USDA Human Nutrition Research Center where together they were instrumental in automating the ORAC assay. Since then, the ORAC assay has been extensively utilized in the field of antioxidant and oxidative stress.

New Spirit Naturals was one of the first companies to embrace the ORAC scoring system. In 1998, Dr. Larry Milam began working on how to concentrate the ORAC value so that it would be easy to consume in a small serving size without consuming several pounds of food. We introduced our first ORAC value product in January 2000. New Spirit filed for an ORAC trademark in 2000 and it was granted by the United States Patent and Trademark Office on July 1, 2003 (US Reg. No. 2,732,730).

For the past 15 years, we have designed production methods and procedures to bring our products to the highest ORAC standards. We have consistently worked to provide the highest ORAC score in the smallest possible serving size. Now, in 2014, Dr. Larry Milam has achieved 10,000+ ORAC units in only 1.25 grams of concentrated fruits extracts!

ORAC+™ 10,000+ is a proprietary blend of 15 natural ingredients rich in polyphenols and other naturally occurring antioxidant compounds that have been laboratory tested to contain over 10,000 ORAC units per suggested serving (2 capsules). (Covance Lab report #ORAC-132 dated 10-2013)

The present recommended ORAC intake (USDA) is approximately 5,000 units per day, (equal to about 10 servings of fruits and vegetables per day) though it is estimated that most people are consuming less than 2,000 units per day.

New Spirit Naturals believes that this value is too low for those of us who seek to retard the aging process. Since most of us find it hard to eat fresh foods that contain the appropriate ORAC levels on a daily basis, New Spirit Naturals' high ORAC+™ 10,000+ value supplement is a great choice.

It is through our fruit and vegetables that we obtain powerful and beneficial antioxidants that help neutralize oxidative stress caused by reactive oxygen species (free radicals). Oxidative stress, caused by low levels of dietary antioxidants, may also be a partial causation in the development of many chronic and degenerative diseases including cancer and heart disease as well as neurological degeneration such as Alzheimer's and Parkinson's.

**Recommended Usage:** 2 capsules per day (10,000+ ORAC units) for those truly interested in anti-aging. Take with 10 fl. oz. of water or liquid.



### Special New Spirit High ORAC Concentrated Ingredients:

Apple	Green Tea Resveratrol
Blueberry	Grape (Seed, Skin & Pulp)
Cranberry	Chokeberry
Bilberry	Pomegranate
Goji Berry	Mangosteen
Raspberry	Vitamin C



# Convention 2015 Focus on Family Irvine, California

## January 16<sup>th</sup> - 19<sup>th</sup> 2015

### **VIP Registration \$249.95 Limited Space.**

Includes: Admission to all seminars in Main Convention Hall  
VIP Seating in Main Convention Hall,  
All Convention Materials & Product Data Sheets  
One (1) VIP ticket to Luncheon and Awards Banquet  
One (1) ticket to Luncheon at the New Spirit Naturals Corporate Office on Day 4  
Admission into the New Spirit VIP Event  
One (1) VIP swag bag filled with New Spirit Goodies  
Additional Product & Service Coupons

### **Preferred Registration \$199.95**

Includes: Admission to all seminars in Main Convention Hall  
Convention Materials and Product Data Sheets  
One (1) Ticket to Luncheon and Awards Banquet  
One (1) ticket to Luncheon at the New Spirit Naturals Corporate Office on Day 4

### **Basic Registration \$149.95**

Includes: Admission to all seminars in Main Convention Hall  
Convention Materials and Product Data Sheets,  
One (1) ticket to Luncheon at the New Spirit Naturals Corporate Office on Day 4

**Register Today! Call New Spirit (800) 922-2766**

A Special Thank You to all Who Attended Convention 2014!



Good times, good times



Our Vitamax friends



The New Spirit Team



Friends on a Mission of  
Wellness



Excellent Speakers!



EVERYBODY dance!



Amanda and Jason give  
Convention 2 thumbs up



# THE WINNERS CIRCLE

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# Promote a Healthy Heart, Strong Bones and Joints

## Vitamin K2 (MK-7)

Por el Dr. Larry Milam

Vitamina K, es una vitamina soluble en grasa, en un principio se la conocía por su papel esencial en el funcionamiento de varias proteínas involucradas en la coagulación sanguínea (lo cual es importante para prevenir excesivo sangrado después de una lesión). Ahora la vitamina K es reconocida por ofrecer otros beneficios, tales como la distribución de proteínas necesarias para

Generalmente hay dos formas de vitamina K: K1 y K2. La Vitamina K1 se obtiene de la dieta principalmente de los vegetales de hojas oscuras (lechuga, espinaca y brócoli). Desafortunadamente, la vitamina K1 está estrechamente ligada a la clorofila en las plantas verdes por lo tanto, los seres humanos en su etapa de envejecimiento no siempre pueden beneficiarse con la ingestión de la vitamina K1 - que contienen las plantas. La vitamina K1 no se absorbe bien en los alimentos. Nuestra Vitamina K2 (MK-7) es altamente biodisponible del extracto natural del Natto, una comida tradicional usada en el Japón por más de 1.000 años.

La vitamina K2 (MK-7) se encuentra solamente en pequeñas cantidades en la dieta, principalmente en los productos lácteos. Estudios en humanos demuestran que la vitamina K2 (MK-7) se absorbe hasta diez veces más que la vitamina K1. La vitamina K2 (MK-7) es biológicamente más activa en el cuerpo que la Vitamina K1. Por ejemplo, la vitamina K1 es rápidamente removida por el hígado en 8 horas, en cambio se ha encontrado altos niveles de Vitamina K2 (MK-7) después de 72 horas de haberse ingerido. Nuestra Vitamina K2 (MK-7) está naturalmente producida y no contiene microorganismos modificados (Libre de GMO).

### SALUD DE LOS HUESOS

Nuestros huesos se regeneran cada siete años. El hueso está compuesto por una capa exterior dura y una matriz de tejido esponjoso interno que es una sustancia viva. Todo el esqueleto se reemplaza cada siete años. Este proceso está regulado por las células osteoblastos que renuevan el esqueleto y las células osteoclastos que descomponen el esqueleto. Mientras el hueso se mantenga en actividad (absorción) es mayor la descomposición del hueso (reabsorción) el proceso de mantenimiento de la salud de los huesos deberá estar controlada.

Osteoblastos producen la vitamina K-la que depende de la proteína llamada osteocalcin. Esta proteína ayuda a enlazar el calcio en la matriz ósea para aumentar el contenido de los minerales en los huesos. En consecuencia el esqueleto se vuelve más resistente y menos susceptible a fracturas. La proteína Osteocalcin necesita vitamina K2 (MK-7) para funcionar de forma óptima. Deficiencia de vitamina K a largo plazo conducirá a una reducción significativa de la densidad y calidad del hueso.

Después de 3 años de estudios, se publicó en Osteoporosis Internacional, que 244 mujeres pos menopáusicas saludables, recibieron una dosis diaria de 180mcg's de vitamina K2 MK-7, o un placebo. En comparación con el placebo, MK-7 disminuyó significativamente la edad- en relación al deterioro en el contenido mineral de los huesos y la densidad mineral de los huesos en la zona lumbar, el cuello y el fémur. MK-7 favoreció a la resistencia ósea. Además MK-7 redujo la pérdida de vertebrae.

### SALUD CARDIO VASCULAR

La calcificación de las placas ateroscleróticas se produce con el tiempo a medida que envejecemos. Esto conlleva a la disminución de elasticidad en los vasos sanguíneos y aumenta el riesgo de formación de coágulos (que es la causa de ataques al corazón o embolia cerebro vascular).

En un estudio realizado en una población fueron analizados 4.807 individuos para comprobar el consumo de vitamina K, así como otros factores de riesgo para la salud cardiovascular. Los resultados demostraron un riesgo en su salud cardiovascular, por calcificación aórtica severa lo cual se redujo significativamente, con ingesta de vitamina K2 (MK-7) (pero no de vitamina K1). En un estudio de 564 mujeres pos menopáusicas con calcificación coronaria, mayor ingesta de vitamina K2 (MK-7) (pero no K1) se asoció con un menor riesgo de calcificación coronaria.

### CRECIMIENTO CELULAR

Otra proteína, dependiente de la vitamina llamada Gas6 fue identificada en 1993. Gas6 parece ser un factor de regulación del crecimiento celular. Lo cual es importante para varias funciones celulares, incluyendo la adhesión celular, proliferación celular y protección contra apoptosis. Gas6 está implicada en la regulación de la plaqueta de señalización y homeostatos vascular.

Investigaciones in-vitro de la vitamina K2 (MK-7) demostró que puede suprimir el crecimiento de células anormales en el hígado. En otro estudio de la vitamina K2 (MK-7) se encontró que puede reducir el crecimiento anormal de células en la próstata de los hombres un 63 por ciento.

### SALUD DEL RIÑÓN

Se están realizando investigaciones para vincular que la vitamina K2 (MK-7) puede prevenir o mejorar enfermedades renales, hepática, trastornos neurológicos y hasta ciertos tipos de cáncer. Por lo tanto, es importante que agreguemos a nuestra dieta suplementos de la vitamina K2(KM-7) que son libres de alérgenos, no GMO y certificados kosher.

### LA VITAMINA K Y LA VITAMINA D

Hay datos que demuestra que la vitamina K2 (MK-7) aumenta la vitamina D3 induce la osteocalcina (OC), colágeno pro-osteoblástica, proteína que se encuentra en la matriz ósea. Investigaciones clínicas en humanos han demostrado que la combinación de vitamina K2 y la vitamina D3 es el mejor y más efectivo apoyo para la densidad mineral ósea que los nutrientes.

La vitamina K y la vitamina D bajan y regulan las citoquinas pro inflamatorias, promoviendo un sano equilibrio inflamatorio.

### Uso sugerido:

El valor diario de la Vitamina K es de un 80 mcg para adultos y niños mayores 4 años. El departamento de Alimentos y Nutrición del Instituto de Medicina ha establecido que una ingesta adecuada para hombres mayores de 19 años es de 120 mcg/por día y para mujeres 90 mcg's. Cada cápsula de MK-7 de New Spirit contiene 100 mcg de Vitamina K2(MK-7)

### PRECAUCIÓN

No tome vitamina K con medicamentos que interfieren con el metabolismo de la vitamina K como la warfarin, sin consultar con su médico. Gracias y que tenga un excelente día





# ORAC+™ 10,000+

## Más de 10.000 unidades ORAC por porción

Los antioxidantes son vitales para nuestra salud. Ayudan al cuerpo a defenderse contra el daño de los radicales libres. Los radicales libres están presentes en nuestro cuerpo en todo momento e intentan dañar la integridad, la fuerza y la salud de nuestras células dando como resultado un envejecimiento prematuro y nos conduce a diferentes tipos de enfermedades. Los radicales libres ingresan a nuestro sistema en los alimentos, en el aire que respiramos y según el estilo de vida que llevamos.

Nosotros podemos pelear contra el ataque de los radicales libres a nuestro cuerpo con la ayuda de los antioxidantes. Agregando antioxidantes diariamente le estamos dando a nuestro cuerpo la ayuda necesaria para ganar la batalla sobre el daño de los radicales libre. ORAC+™ 10.000+ es sólo uno de los muchos productos con fuertes antioxidantes que New Spirit ofrece para ayudarle a mantenerse joven y saludable.

**ORAC** (capacidad de absorción de radicales de oxígeno) es el estándar científico para medir la potencia antioxidante de los alimentos y suplementos dietéticos. El ensayo ORAC fue desarrollado originalmente por el Dr. Guohua Cao del Instituto Nacional del envejecimiento en 1992. En 1996 el Dr. Cao se unió a grupo del Dr. Ronald Prior en el USDA Human Nutrition Research Center donde juntos eran instrumentales en automatizar el ensayo ORAC. Desde entonces, el ensayo ORAC se ha utilizado extensivamente en el campo del estrés oxidativo y antioxidantes.

Nuevo Spirit Naturals fue una de las primeras empresas en adoptar el sistema de puntuación de ORAC. En 1998, el Dr. Larry Milam comenzó a trabajar sobre la forma de concentrar el valor ORAC para que sea fácil de consumir y sin consumir varias libras de alimentos. Nuestro primer producto con valor ORAC se presentó en enero de, 2000. New Spirit Naturals patentó ORAC en el año 2000 y la patente fue otorgada por la oficina de Marcas y Patentes de Estados Unidos el 01 de julio de 2003 (nos reg. N° 2.732.ew Spi).

Durante los últimos 15 años, hemos diseñado métodos de producción y procedimientos para llevar a nuestros productos a los más altos estándares ORAC. Hemos trabajado constantemente para ofrecer la máxima puntuación ORAC en una porción pequeña. Ahora, en 2014, el Dr. Larry Milam ha conseguido 10.000 + unidades ORAC en solo 1,25 g de extractos de frutas concentradas!

ORAC +™ 10.000 + es una mezcla patentada de 15 ingredientes naturales ricos en polifenoles y otros compuestos con antioxidantes naturales que han sido científicamente probados por contener más de 10.000 unidades ORAC por porción (2 cápsulas). (Informe de laboratorio #ORAC fecha 10-2013)

La recomendación según (USDA) de tomas de ORAC es aproximadamente 5.000 unidades por día, (equivalente a cerca de 10 porciones de frutas y vegetales por día) aunque se estima que la mayoría de las personas consumen menos de 2.000 unidades por día.

New Spirit Naturals cree que este valor es demasiado bajo para aquellos que buscan retardar el proceso de envejecimiento. Puesto que para la mayoría de nosotros es muy difícil comer alimentos frescos que contienen los niveles apropiados de ORAC en una base diaria, El suplemento ORAC +™ 10,000+ de New Spirit Naturals es la mejor opción que usted puede tener.

Es a través de nuestras frutas y vegetales que obtenemos potentes antioxidantes y beneficiosos que ayudan a neutralizar el estrés oxidativo causado por especies reactivas del oxígeno (radicales libres). El estrés oxidativo, causado por los bajos niveles de antioxidantes dietéticos, también puede ser una causa en el desarrollo de muchas enfermedades crónicas y degenerativas como cáncer y enfermedades del corazón, así como degeneración neurológica tal como Alzheimer y Parkinson.

**Uso Recomendado:** 2 capsulas por dia (10,000 +ORAC units) para quienes realmente están interesados en el anti envejecimiento Tome con 10fl onz de agua o liquido.



### New Spirit Especial Alta ORAC Ingredientes Concentrados :

Apple	Green Tea Resveratrol
Blueberry	Grape (Seed, Skin & Pulp)
Cranberry	Chokeberry
Bilberry	Pomegranate
Goji Berry	Mangosteen
Raspberry	Vitamin C





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[www.newspirit.com](http://www.newspirit.com)

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