PWR Apricot and PWR Lemon

Q & A with Mary Esther Gilbert, MSc HN, BSc NSP and Pamela Zimmer -February 5, 2024

1. At what age could a female safely start taking PWR Apricot? Will the ingredients affect the natural occurrence of puberty and specifically, beginning menstruation in young girls?

- At the onset of body changes in maturation of preteens and in puberty, the nutritional needs of children over age 10 for growth and development are similar to adults.

- The onset of puberty is influenced by various factors:

    a. Body weight as opposed to chronological age.

    b. A minimum of 17% body fat is required for the start of menarche.

    c. An amount of 22% body fat in females over age16 appears necessary for maintenance of regular ovulation and menstrual cycles.

    d. Undernutrition and low body fat (higher ratio of lean body mass to body fat) can delay puberty, including delaying the onset of menses.

    e. Excessive exercise or malnutrition interferes with maintaining healthy proportions of body fat can delay the onset of menses (Baker, 1985).

- The wide range of vitamins, minerals, and plant phytonutrients known as phytosterols found in fruits, vegetables, nuts, seeds, whole grains, leafy greens, and animal-derived proteins are critical for the growth and development of young girls and boys.

Micronutrient Needs of Children 9-13 Years

Micronutrient	Females
Biotin	20 µg/day (AI)
Folate	300 µg/day[a]
Niacin	12 mg/day[b]
Pantothenic Acid	4 mg/day (AI)
Riboflavin	900 µg/day
Thiamin	900 µg/day
Vitamin A	600 µg/day (2,000 IU/day)[c]
Vitamin B_6	1 mg/day
Vitamin B_{12}	1.8 µg/day
Vitamin C	45 mg/day
Vitamin D	15 µg/day (600 IU/day)
Vitamin E	11 mg/day (16.5 IU/day)[d]
Vitamin K	60 µg/day (AI)
Calcium	1,300 mg/day
Chromium	21 µg/day (AI)
Copper	700 µg/day
Iodine	120 µg/day
Iron	8 mg/day

Magnesium	240 mg/day
Manganese	1.6 mg/day (AI)
Molybdenum	34 µg/day
Phosphorus	1,250 mg/day
Potassium	2,300 mg/day (AI)
Selenium	40 µg/day
Sodium	1,200 mg/day (AI)
Zinc	8 mg/day
Choline[e]	375 mg/day (AI)
α-Linolenic Acid[e]	1,000 mg/day (AI)
Linoleic Acid[e]	10 g/day (AI)

(Oregon, Micronutrients, 2024)

- Increases in “fighting foods” containing protective phytochemicals and antioxidant nutrient factors in age-dependent youth meals in school program studies have been shown to:

    a. Reduce the negative effects of toxic pollutants on proper growth and development.

    b. Antioxidants and plant phytochemicals in phytonutrient-rich fruits, herbs, berries, vegetables, legumes, whole grains, and leafy greens were shown to protect against chronic health problems caused by oxidative stress and inflammation conditions.

    c. Studies continue to show how plant-deficient diets increase oxidative stress, inflammation, and chronic conditions linked to toxic exposure from environmental pollutants, synthetic chemicals in consumer products, pesticides, plastics.

    d. Toxins affect brain, nerves, hormone production from all glands, and therefore affect learning, academic achievement, emotional balance.

    e. Develop understanding of the importance of eating more fresh plant foods to protect their own health.

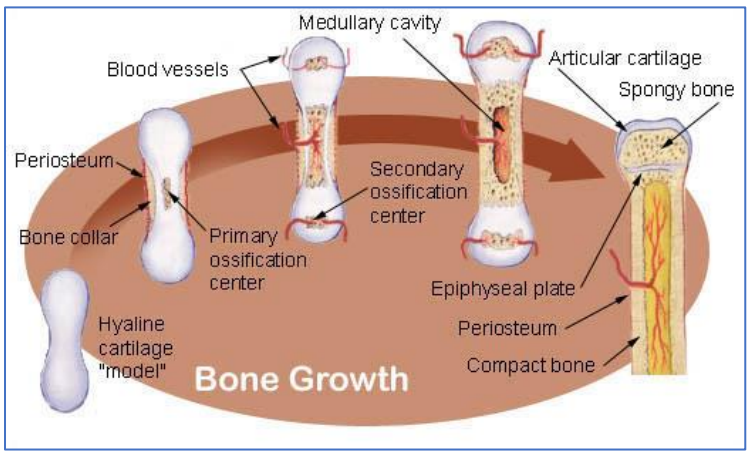
    f. Pro-inflammatory markers (from medical lab tests) such as C-Reactive Protein (CRP), Interleukin 6 (IL-6) and Tumor Necrosis Factor Alpha (TNF-A), and oxidative stress marker F2-isoprostanes decreased with increased plant food intakes daily.

    g. Studies indicate early intervention prevents cardiovascular disease, especially in obese children, and other adverse health events prior to adulthood (Brewer, 2016).

PWR Apricot Ingredients' Effects on Growth and Development

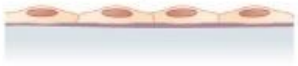
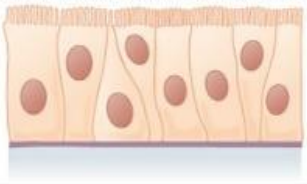
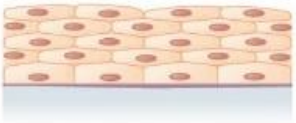
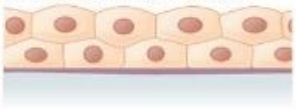
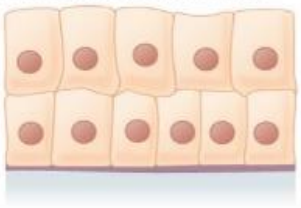
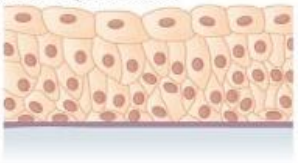
- **Apricot** Fruit's Carotenoid Plant Phytonutrients Aid In:

    a. Bone Growth and Development



Bone Growth - Wikimedia Creative Commons - Chaldor – 2005

    b. Maintenance of Epithelial Cells of Organs and Skin

Cells	Location	Function
Simple squamous epithelium 	Air sacs of lungs and the lining of the heart, blood vessels, and lymphatic vessels	Allows materials to pass through by diffusion and filtration, and secretes lubricating substance
Simple cuboidal epithelium 	In ducts and secretory portions of small glands and in kidney tubules	Secretes and absorbs
Simple columnar epithelium 	Ciliated tissues are in bronchi, uterine tubes, and uterus; smooth (nonciliated tissues) are in the digestive tract, bladder	Absorbs; it also secretes mucous and enzymes
Pseudostratified columnar epithelium 	Ciliated tissue lines the trachea and much of the upper respiratory tract	Secretes mucus; ciliated tissue moves mucus
Stratified squamous epithelium 	Lines the esophagus, mouth, and vagina	Protects against abrasion
Stratified cuboidal epithelium 	Sweat glands, salivary glands, and the mammary glands	Protective tissue
Stratified columnar epithelium 	The male urethra and the ducts of some glands	Secretes and protects
Transitional epithelium 	Lines the bladder, uretha, and the ureters	Allows the urinary organs to expand and stretch

EpithelialCellsTissueTypes-Wikipedia2023

c. Flavonoids:

1. Play a role in a cell's reproduction cycle.
2. Aid the immune system.
3. Protect blood vessels.

d. Plant Phytosterols, Important for Proper function of the Endocrine (Hormone-Producing) Glands, and Preventive Cardiovascular Health in Childhood and Throughout Adulthood

1. Plant sterols are naturally occurring molecules in the plant kingdom and largely unavoidable in a healthy diet.
2. Children under the age of puberty should not take concentrations of any plant sterol supplement; a whole food containing phytosterols is balanced with other essential nutrients that aid in the proper utilization of those plant sterols.
3. Studies show plant sterols have been applied under medical supervision to aid in preventing hypercholesterolemia (high low-density lipoprotein or LDL blood cholesterol), dyslipidemia (imbalance of HDL-LDL cholesterol or elevated triglycerides), and therefore increased cardiovascular risk, in pediatric ages (Mantovani 2021).
4. Obesity and heart health risks in children and teens progresses throughout adulthood, and can be averted with balanced, whole food nutrition.
5. Along with exercise, a nutrient-dense, balanced diet and the right supplements are fundamental to proper growth and development in teens of both genders.
6. Other studies have shown that heart-healthy, nervous system-nourishing, and glandular-supporting foods containing omega oils also possess a variety of plant sterols that maintain proper blood lipid profiles, and also serve as precursors to the thousands of regulating and reproductive hormones the body produces for its own maintenance.
7. Plant sterols are also: anti-atherogenic (prevent formation of hardened fatty arterial plaques); anti-inflammatory; exhibit antioxidant and anti-fungal actions (Berger, 2004), (Palacios, 2020).

Examples of Common Other Foods Containing Plant Sterols

Food	Servings	Phytosterols (mg)
Soybeans, mature seeds, raw	½ cup	149
Peas, green, mature seeds, raw	½ cup	133
Sesame oil	1 tablespoon (14 g)	118
Kidney beans, mature seeds, raw	½ cup	117
Pistachio nuts	1 ounce (49 kernels)	61
Safflower oil	1 tablespoon (14 g)	60
Lentils, pink or red, mature seeds, raw	½ cup	54
Cashew nuts	1 ounce	45
Soybeans, green, cooked, boiled	½ cup	45
Orange, raw	1 fruit	34
Macadamia nuts	1 ounce (10-12 kernels)	33
Almonds, blanched	1 ounce	32
Olive oil	1 tablespoon (14 g)	30
Banana, raw	1 large	24
Brussels sprouts, raw	1 cup	21

(Oregon, Phytosterols, 2024)

e. Melanoidins – protect cell membranes in blood cells and blood vessels, and in cell energy production processes that occur in the mitochondria (Gilbert, 2018).
f. Choline for nerve communications, Brain development, memory and enhancing intellectual abilities.
g. Anti-anemia, iron-absorption/utilization, red blood cells protective antioxidants.
h. Flavonoids as: antioxidants, protecting cell structures, the cells' reproduction cycles, tissues of lymph and blood vessels, protect cell mitochondria against cell damage from free radicals.

- **Withania**

a. Adaptogenic, anxiolytic – stabilizing biochemical equilibrium, able to handle stress more calmly, rationally due to sitoindosides and acylsterylglucosides.
b. Helps in formation of new nerve cells in the nervous system.
c. Helps maintain cell membrane permeability.
d. Helps modulate immune functions: anti-inflammatory, antistress.

- **Asparagus**

a. Helps regulate fat and cholesterol metabolism.
b. Aids liver, gallbladder, and kidney functions.
c. Hormonal regulations in menstruation, alleviate menstrual cramping.

- **Damiana Leaf**

a. Helps to restore and maintain normal levels of female hormones through maintaining the endocrine/(glandular/hormone system functioning.
b. Thereby helps maintain hormones that handle emotional stress, guarding against physical and mental fatigue.

- **Ginger Root**

a. Contains silica, commonly found in bones, tendons, the aorta (largest artery in the body), kidneys and liver, hair, skin and nails.
b. Contains a primary essential fatty acid linoleic acid from which the body makes other critical fatty acids for cell membrane maintenance, brain and nervous system health.
c. Also contains oleic acid, a naturally occurring fatty acid in humans and animals, classified as a monounsaturated omega-9 fatty acid.

- **Ginkgo Leaf**

a. Used to help reduce anxiety.
b. Shown to improve memory and learning ability
c. Shown to improve microcirculation (Gilbert, 2018).

2. Similarly to the above question, at what age could a male safely start taking PWR Lemon? And how would this affect the natural occurrence of puberty?

- Same as question # 1, at prepuberty or onset of puberty.

Micronutrient Needs of Children 9-13 Years

Micronutrient	Males
Biotin	20 µg/day
Folate	300 µg/day[a]
Niacin	12 mg/day[b]
Pantothenic Acid	4 mg/day (AI)
Riboflavin	900 µg/day
Thiamin	900 µg/day
Vitamin A	600 µg/day (2,000 IU/day)[c]
Vitamin B_6	1 mg/day
Vitamin B_{12}	1.8 µg/day
Vitamin C	45 mg/day
Vitamin D	15 µg/day (600 IU/day)
Vitamin E	11 mg/day (16.5 IU/day)[d]
Vitamin K	60 µg/day (AI)
Calcium	1,300 mg/day
Chromium	25 µg/day (AI)
Copper	700 µg/day
Iodine	120 µg/day
Iron	8 mg/day
Magnesium	240 mg/day
Manganese	1.9 mg/day (AI)
Molybdenum	34 µg/day
Phosphorus	1,250 mg/day
Potassium	2,500 mg/day (AI)
Selenium	40 µg/day
Sodium	1,200 mg/day (AI)
Zinc	8 mg/day
Choline[e]	375 mg/day (AI)
α-Linolenic Acid[e]	1,200 mg/day (AI)
Linoleic Acid[e]	12 g/day (AI)

(Oregon, Micronutrients, 2024)

PWR Lemon Ingredients' Effects on Growth and Development

- **Fig**

    a. Aids in red blood cell formation.
    b. Promotes bone density
    c. Promotes Muscle strength
    d. Aids in nerve development
    e. Maintains kidney functions
    f. Maintains liver functions

- **Ginseng, Asian, (Panax) Root**

    a. Helps regulate immune system's stability.
    b. Found to enhances immune cells' antimicrobial functions.
    c. Shown to improve memory, learning, mental and physical performance.
    d. Found to enhance the body's ability to take on physical loads without increasing the body's need for more oxygen consumption.
    e. Contains over 60 phytonutrients, including:
    f. Ginsenosides - have a stimulatory effect on the brain through the release of chemicals that affect cell-to-cell nerve signaling and biochemical pathways that result in improved alertness.
    g. Saponins have been shown to increase neurotransmitters dopamine, noradrenaline, and 5-hydroxytryptamine, which indicates antidepressant actions.
    h. Polysaccharides, fatty acids, oligopeptides (small protein compounds).
    i. Shown to play a role in reducing cholesterol and in the absorption, storage and synthesis of cholesterol.

- **Lemon**

    a. Bioflavonoids aid in blood sugar balance, are effective antioxidants that aid the immune system against bacteria, fungi, and iviral activity.
    b. Aids in fat metabolism, helps maintain proper LDL-HDL cholesterol.

- **Pomegranate Seed**

    a. Contains essential polyunsaturated fatty acids (omega oils)
    b. Aids in kidney regulation of blood pressure.
    c. Improves blood hemoglobin levels for improved oxygenation of muscles and other cells (Gilbert, 2018).

3. What other benefits are there for pre-teens taking PWR?

- Allows all body systems to function normally through providing growing, developing bodies protection to their cell replicating processes of their DNA.
- Aids in maintaining hormonal equilibrium throughout the body's biochemistry that can affect mental, emotional, and psychological health.
- Aids in maintaining a normally-functioning nervous system during growth and development for better responses to stress and social interactions.

4. **As a young athlete (middle and high schoolers) putting stress on their bodies during life changes, would PWR be of support?**

- Yes, since the botanicals in both formulations help normalize and support all cellular and metabolic processes in the skeletal, muscular, glandular, circulatory, urinary, and organ systems.

5. **What is the benefit of taking PWR for a woman who has had a total hysterectomy?**

- The natural fatty acids and plant phytosterols in whole foods such as raw nuts and seeds and a wide variety of fresh fruits, berries, leafy greens, herbs will help the glandular (endocrine) system manufacture very similar hormones that the body's reproductive system would normally produce.

6. **For both men and women, why would people over 60 consider taking PWR?**

- Energy production – helping to prevent a sluggish metabolism, allowing cells to produce energy at the cell level for fueling life activities as well as exercise.
- Provide the body with precursors to the manufacturing of essential hormones that help maintain muscles, bones and connective tissues without the typical inflammation.
- Help avoid nerve and brain degeneration to maintain mental health: memory, learning, and cognition.
- Help maintain sugar and fat metabolism, kidney and liver health, blood vessels and the heart, and the adrenal glands and nervous system.

7. **If a woman has no symptoms why should she take PWR-apricot or should she?**

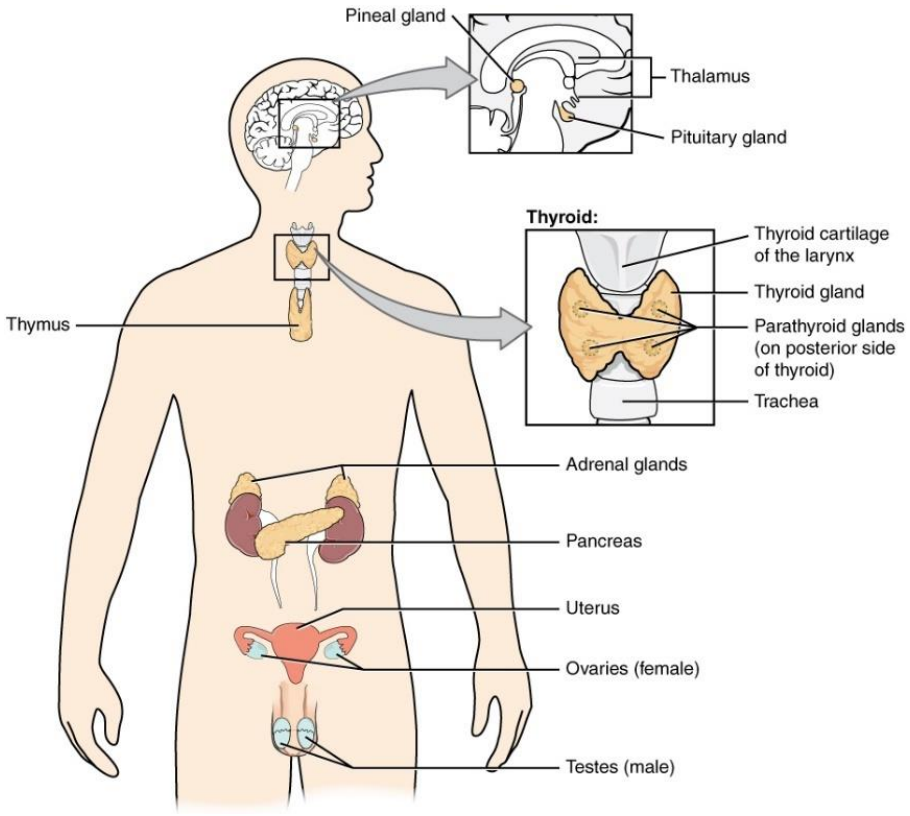
- Same as number 6.

8. **Can you share about the adrenals, the differences between adrenal fatigue in women vs. men, and how PWR helps support this critical body system?**

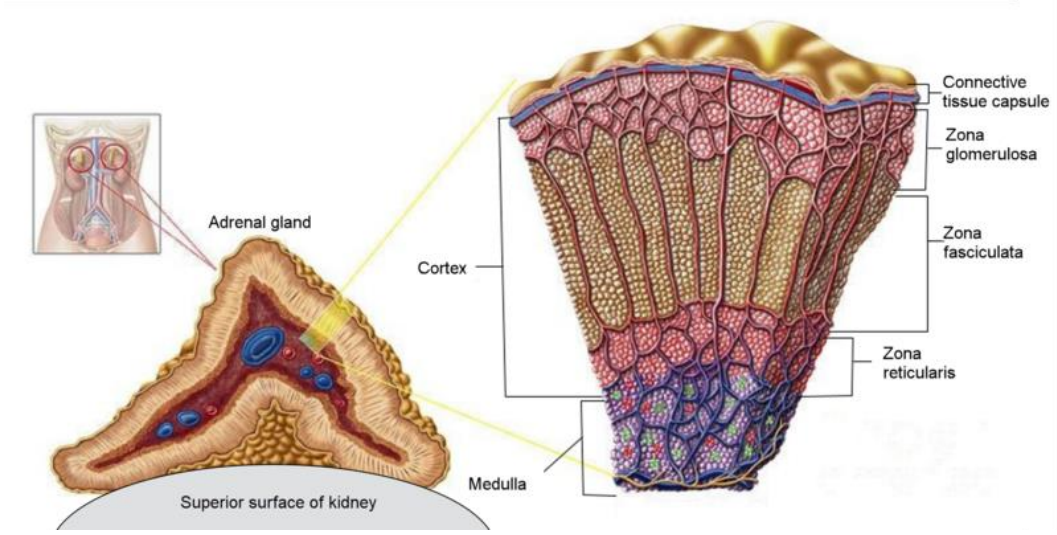
- Stress responses are different in men and women due to the types of hormones produced under various conditions.

- **Gender differences of physiological and pathological responses involving adrenal fatigue:**

  a. Aldosterone levels were reportedly higher in pre-menopausal women vs. post-menopausal women.
  b. Cortisol levels were found to be higher in female than male test subjects.
  c. Physical, psychological, or pharmacological stress responses in both males and females are mediated by the hypothalamic-pituitary-adrenal (HPA) communications.
  d. Females have shown greater immune system actions than males; females are more prone to autoimmune and inflammatory conditions, while males are more susceptible to bacterial and viral infections(Gao, et. al., 2021).



Open Stax College - Mikael Häggström, M.D., Wikipedia 2020



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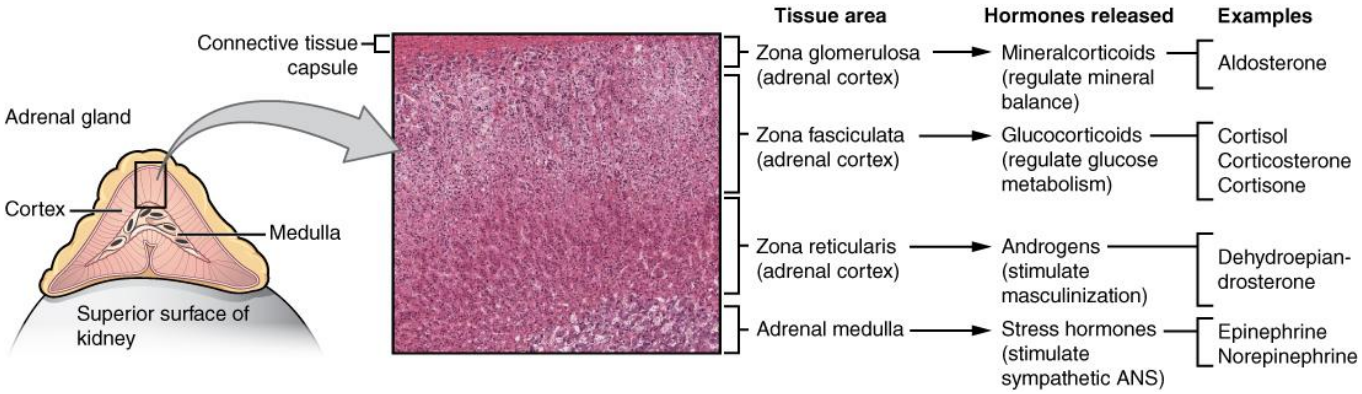


Open Stax College - Mikael Haggstrom, M.D., Wikipedia 2020

- Adrenal glands release various hormones into the bloodstream according to the necessary responses.

    a. **Adrenal Cortex** produces and secretes the hormone **cortiso**l, which controls:

        1. How the body uses fats, proteins, and carbohydrates.
        2. Suppresses inflammation.
        3. Regulates blood pressure.
        4. Increases blood sugar.
        5. Involved in decreasing bone formation.
        6. The sleep/wake cycle.

    b. **Adrenal Cortex** produces and secretes **aldosterone**, which regulates:

        1. Blood pressure.
        2. Electrolytes sodium and potassium.
        3. Communication to the kidneys to absorb sodium into the bloodstream, and release potassium through the urine.
        4. Blood pH by controlling electrolyte levels in the blood.

    c. **Adrenal Cortex** produces and secretes **DHEA and Androgenic Steroids:**

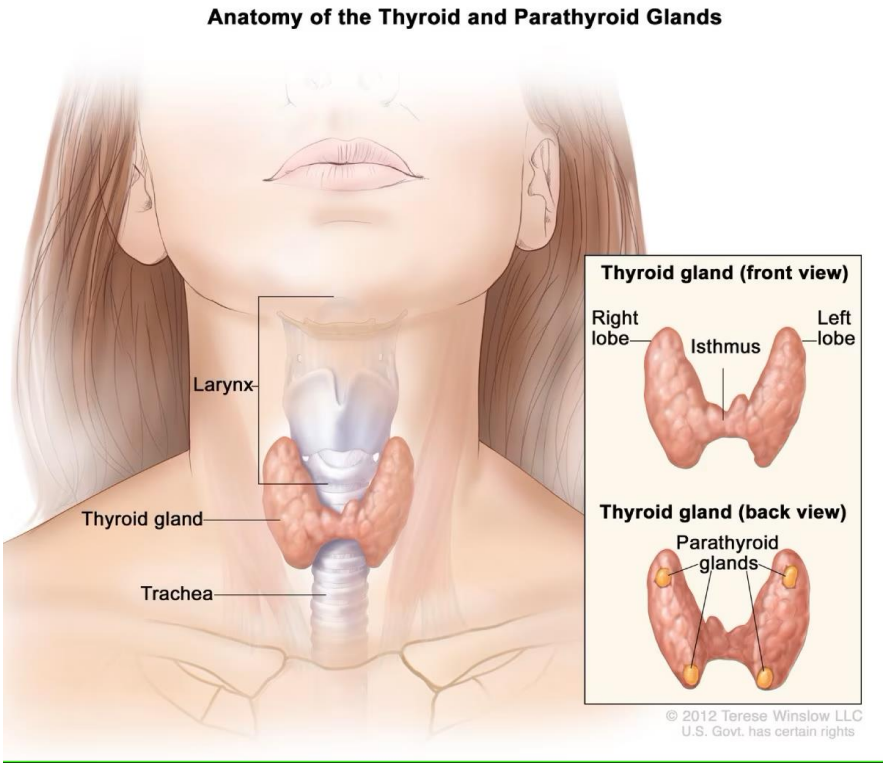
        1. They are precursor hormones and are converted in the ovaries into the female hormones, the estrogens, and are converted into androgens in the male testes.

    d. **Adrenal Medulla** produces and secretes **epinephrine (adrenaline) and norepinephrine (noradrenaline)** in response to emotional and physical stress**:**

        1. Hormones that stimulate the flight or fight response.
        2. Can increase heart rate and the heart's force of contractions.
        3. Cause an increase in blood flow to muscles and brain, control vasoconstrictions, increased blood pressure, and increased use of blood sugar. (John Hopkins, 2024)

        Adrenaline (epinephrine) – *a hormone that is produced by the medulla in the adrenal glands and in some neurons of the central nervous system during a stressful situation, known as the flight-or-fight response. Adrenaline is quickly released into the blood and impulses are sent to organs to help them respond in a specific way, such as causing air passageways to dilate, which provides more oxygen to the muscles to better confront danger or to flee. Blood vessels are triggered to contract to re-direct blood to the heart, lungs and major muscle groups, causing increased strength and physical capability, and the body's ability to feel pain decreases, allowing one to perform even when injured. A heightened awareness occurs, and the effects of adrenaline last up to an hour* (Gilbert, 2018).

9. Can women take PWR Apricot if they are on thyroid medication?



National Institutes of Health 2024

- Thyroid functions:

    a. Produces and releases the hormone triiodothyronine (T3):

        1. Helps maintain muscle control.
        2. Helps maintain brain function and development.
        3. Helps maintain heart and digestive functions.

    b. Produces and releases the hormone thyroxine (T4):

        1. Help regulate weight, energy levels, body temperature, and metabolic rate.
        2. Help maintain healthy skin, hair, nail growth.

    c. Also produces and releases calcitonin (C-cells):

        1. Controlled by blood calcium levels.
        2. Helps regulate blood calcium and phosphate levels.
        3. Helps control calcium and potassium levels.
        4. Involved in inhibiting osteoclast actions to help regulate the breaking down of bone cells for releasing calcium into the blood.

- Parathyroid functions:

    a. Helps prevent low calcium levels:

        1. Helps bones to release calcium into the blood circulation.
        2. Aids in calcium absorption from the intestines.

3. Helps kidneys circulate calcium back into the blood circulation rather than flushing it out in the urine.
4. Helps metabolize and produce vitamin D, which allows the body to absorb more calcium from food (Thyroid, 2024).

- Nourishing the thyroid and parathyroid glands; normalizing functions:

    a. Dietary deficiencies in the vitamin B complex have been shown to adversely affect thyroid functioning.
    b. The essential minerals calcium, copper, choline, iron, and zinc are correlated with proper blood serum levels of the hormone triiodothyronine (T3).
    c. Amino acids (derived from animal dietary protein) asparagine and serine showed strong positive correlation with the production and presence of thyroid stimulating hormone (TSH0.
    d. Amino acids valine, leucine, and arginine, and minerals calcium, manganese, and zinc showed a significant positive correlation with serum levels of thyroxine (T4), and free thyroxine (FT4), respectively.
    e. Deficiencies in the aforementioned B complex vitamins, essential amino acids, and mineral deficiencies have been found to adversely affect thyroid functioning.
    f. The essential minerals chromium and selenium, as well as inositol, a sugar found in the body such as the brain, and the chemical carnitine that helps convert fat to energy, also have significant influences on thyroid functioning.
    g. High levels of inositol, and copper and selenium that may be present beyond the safe ranges designated by established dietary guidelines can result in increased serum levels of T3 and T4 (Krishnamurthy, et. al., 2021).

- Foods that aid in thyroid function: avocado, hawthorne, white mistletoe (leaf), apricot, banana, phytonutrient anthocyanin pigment in grapes.

- Avoid synthetic chemicals in consumer products, known as hormone disruptors. BHA and BHT adversely affect thyroid functioning (Gilbert, 2018).

- If there is a thyroid malfunction condition, studies indicate avoiding excessive intake of foods referred to as “goitrogens”, any substance that can lead to goiter or enlargement of the thyroid gland.

    a. Goitrogenic substances are those that produce the condition of goiter, and have been known to decrease thyroidal iodine by inhibiting thyroid hormone production:

        1. Cruciferous vegetables, foods in the brassica family, are high in the beneficial compounds glucosinolates; however, one compound, thiocyanate, has been found to inhibit thyroid hormone production. : broccoli, cabbage, Brussels sprouts, kale, turnips, cauliflower, collard greens, and bok choy.
        2. Studies indicate that those with a hypothyroid condition and on hormone replacement therapy or are in a state of iodine deficiency should avoid soy products or consume them cautiously.
        3. Soy products are high in isoflavones, which can inhibit the enzyme thyroid peroxidase, required for production of thyroid hormone; research indicates dietary soy may increase the risk for hypothyroidism (Bashar, 2020).

    b. Foods that contain the essential mineral selenium is important for normal thyroid hormone function: seafood (caught in clean, Northern waters), organic organ meats, and organic breads, whole grains, meat, poultry, and eggs.

c. Supplementation of isolated nutrients such as selenium is not recommended in an attempt to improve thyroid health since it can exceed established safe levels (Gilbert, 2018).

10. Women have testosterone, is it safe or recommended for them to take the PWR Lemon? What would happen if they only took that one, and not PWR-apricot?

a. As long as one's dietary intake includes daily balanced nourishment and regular exercise, the body will utilize the beneficial plant compounds in that formulation according to the body's needs by breaking down the molecules and repurposing them to suit one's own gender.

    1. The healthy fats: omega 3's, animal-derived fats.
    2. Skin sunlight exposure several days per week.
    3. A variety of fresh, organic whole foods from the plant kingdom.
    4. Adequate animal-derived proteins at every meal.

b. All foods, carbohydrates, fats, and proteins are broken down in the digestive tract to their basic elemental components in order to rebuild new cells, new body proteins or tissues, and build biochemicals (such as hormones and signaling proteins):

    1. Carbon, hydrogen, oxygen.
    2. Amino acids, nitrogen, DNA and other protein bodies within all cells.
    3. Mineral elements.

c. Remember that foods, containing their cell components such as the DNA and mitochondria and other cell organelles, are not drugs. Human cells utilize the aforementioned components for the metabolic purposes for energy, repair, and proper cell regeneration, and according to their own genetic code of instructions within the DNA. This includes gender-specific nutritional needs.

11. What will happen with prolonged use of the "opposite" PWR? For example, men taking PWR Apricot and women taking PWR Lemon?

a. A well-nourished body, along with exercise and sunlight and proper hydration can always utilize all plant nutrient components by breaking them down to the basic molecules mentioned above in item 10 b.

b. One would likely benefit from the wide range of balanced nutrients and beneficial plant compounds in every botanical ingredient.

c. The wide range of phytonutrients in these botanicals have a hormone-balancing effect, not a hormone-disrupting effect.

d. Eating the right "healing" whole food fats, regular exercise, and sunlight exposure weekly provide many of the biochemical needs of the body to ensure proper hormonal balance.

    1. Raw nuts and seeds high in the omega 3 fatty acids (keep refrigerated, tightly sealed).
    2. Real butter, meat drippings.
    3. Full range vitamin, minerals, and phytochemical compounds from a variety of whole foods daily.

12. Aside from hormone support, what other benefits do the PWR drops provide?

a. The plant nutrient factors also contain anti-bacterial, anti-viral, anti-fungal, anti-parasitic attributes through assisting and improving the body's immune cell functions.
b. Aiding in inhibiting the formation of abnormal cells, and their efficient destruction and elimination.
c. Aid in fat and protein metabolism, helping the body's cells improve energy production, cell regeneration.
d. The phytochemical compounds have also been shown to neutralize and eliminate synthetic toxins.

13. If a woman is experiencing a "hot flash" multiple times a day, how often can she take PWR-apricot? 3, 4, 5 x day… is it safe?

a. Since this a whole food phytonutrient complex of nutrients, it should not be thought of in terms of medical doses.

b. Hot flashes are not normal, even as they are common.

c. What are some of the main causes of hot flashes?

1. Fried foods or distorted plant oils heated at high temperatures are one of the main culprits for disrupting normal hormone functioning, even during menopause.
2. Absorption of synthetic chemicals and environmental pollutants through the skin, consuming foods containing synthetic toxins, and atmospheric pollutants and those in the Earth's water sources.
3. Chronic mental and emotional stress, which produces stress chemicals known as free radicals that promote inflammatory reactions in the glandular/endocrine/hormonal and nervous system, and weaken the immune system.

14. Do the ingredients in PWR Lemon help you "bulk up"?

a. The phytochemicals in the botanicals have been shown to improve energy production in the body's cells, and therefore improve muscular endurance capacity.

b. Post workouts and after proper nutrient-rich meal replenishment, muscle cells store water and "muscle starch" known as glycogen, particularly after weight-bearing exercise or other bursts of muscular effort such as sprinting or rowing.

c. Along with regular and timely, proper whole food carbohydrates, healthy fats and animal-derived proteins and conscientious hydration, PWR Lemon provides the precursor nutrient factors that help the body produce the right balance of hormones to have energetic workouts that inadvertently result in building strong muscles, replenished and loaded up with glycogen and nitrogen replenishment for that sculpted, rounded look to muscles that people find appealing!

15. What time of day is it recommended to take PWR-apricot or PWR-lemon, and why?

a. If taken in the a.m., the botanicals in the drops can provide a boost to improving energy levels at the cell level, leading to feeling alert and calm.

b. If taken in the afternoon, the plant constituents can help maintain biochemical balance for carrying out life's tasks and challenges.

c. If taken in the p.m., those nutrient factors can aid in cell regeneration, repair, and restoring biochemical equilibrium during a good night's sleep.

16. What ingredients in PWR Lemon address symptoms of a UTI?

a. UTI's are caused by bacterial infections of the urinary tract, usually *Escherichia coli (E. coli)*.

b. Botanicals in PWR Lemon known to be effective antibacterials:

1. Damiana leaf protects against urinary tract and kidney infections.
2. Ashwagandha root improves immune detection actions.
3. Fig helps eliminate inflammatory solutes such as urea and uric acid, and is antibacterial, antispasmodic, anti-fungal.
4. Ginger helps ease acute and chronic nephritis (inflammation of kidneys), and inflammation of the bladder and urinary tract; antibacterial (antimicrobial), helps rid body of metabolic wastes.
5. Panax Asian ginseng is anti-microbial, anti-inflammatory.
6. Lemon is anti-inflammatory, antimicrobial (antibacterial, anti-fungal).
7. Pomegranate is anti-inflammatory, antimicrobial.

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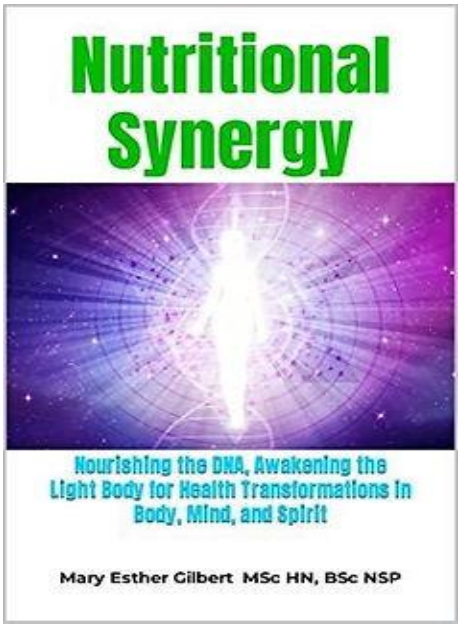

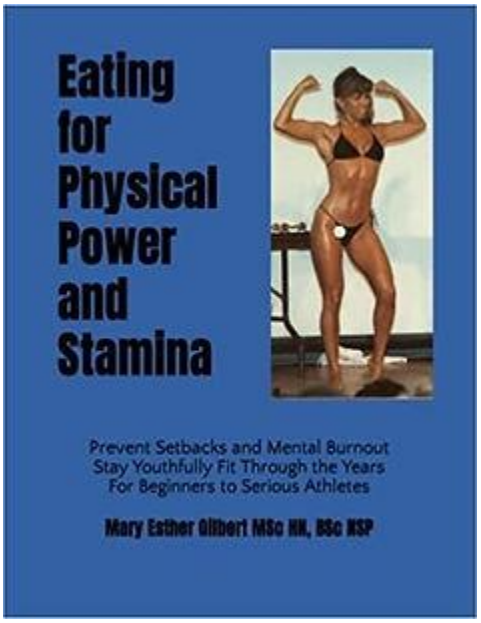

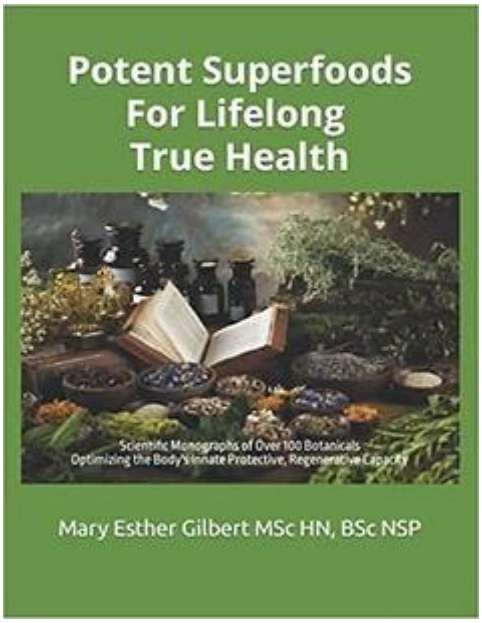

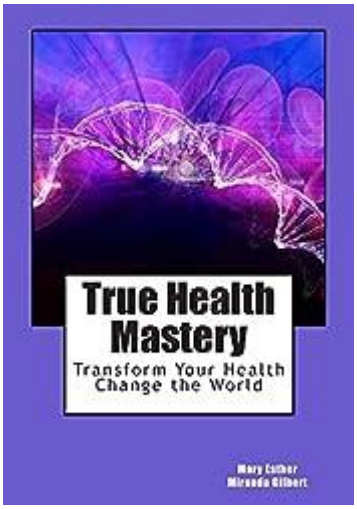

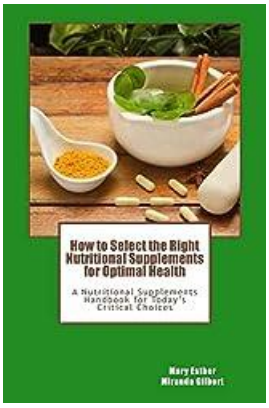

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