

**APLGO Behind the Science**  
**With Sherry Denny and Mary Esther Gilbert MSc HN, BSc NSP**  
**APRIL 14, 2025**

**HPY and ALT**

**HPY**

**1. How does the Acumullit SA® technology in HPY enhance the absorption and effectiveness of its ingredients compared to traditional supplements?**

- By simulating an electrical storm that generates negatively charged ions absorbed by the atoms of the plant materials that will compose the drops, they become the only known supplements that contain electrically and bioenergetically active nutrients like those found in raw, whole plant foods, thanks to the Acumullit SA technology.



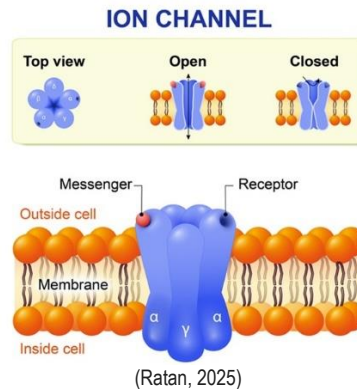
(Lysov, et. al., 2021)



APLGO 2017

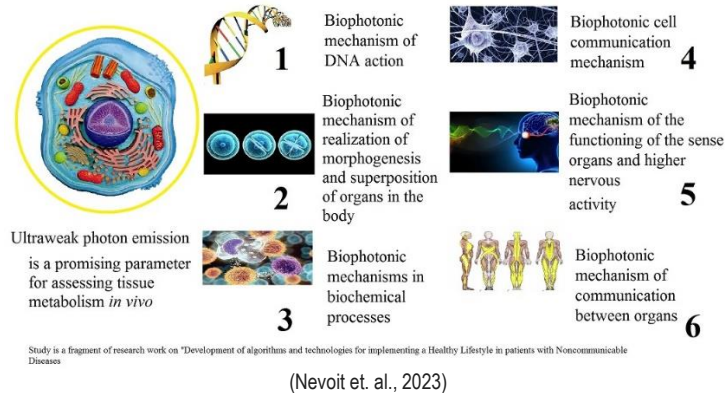
- Acumullit SA technology renders the botanical nutrient contents in APLGO drops 100% utilized in the body, with rapid, immediate assimilation into the blood stream and arriving at organ systems where needed.
- Supplements have a general absorbability rate of 10 to 50%. Tablets are less absorbable than liquids and powders, depending on the manufacturing process, type of nutrient, and whether a supplement contains whole foods or simply isolated elemental minerals and/or laboratory synthesized vitamins (Pressman, 2017).
- Live plant materials formulated into APLGO drops are carefully harvested and handled to preserve their active nutrients, especially the interdependent ***enzyme catalysts, biophotons (units of light), and negatively charged ions*** that living plants (and all living cells) contain.
- Most supplements that are made into tablets and capsules are not in whole food form. Due to production processes, they do not maintain their biophotonic or interactive light energy frequencies, are not negatively ionically charged, and therefore they do not contain active enzymes necessary for utilizing the nutrients and perpetuating cellular actions.
- Active enzyme catalyst actions are driven by the light energy from the sun and stored in living cells as ***biophotons*** (units of light), ***which regulate ion flow***.
- The ***ionic charge in our cells regulated by biophotons*** is the interplay that drives nutrient absorption into the cells via ion channels on cell membranes.

- Cell membrane ion channels open momentarily to allow nutrients inside the cell, and close immediately once nutrients have entered.

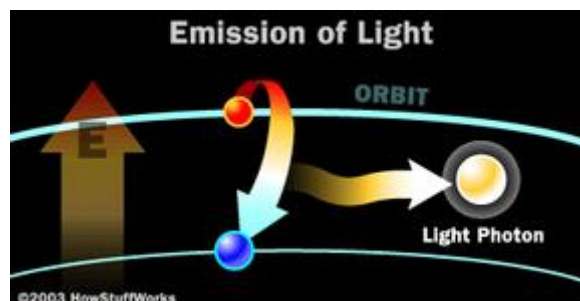


- At the ion channel site on the cell membrane, the electrical potential that is created across cell membranes allows a movement of electrons of various gradients as a push/pull active transport of nutrients enter and exit the cell.
- The interplay between electrons as negatively charged particles and biophotons allow cell signaling or cell-to-cell communication to occur.  
(Alberts, et. al., 2002) (Rantan, 2025) (Chrysafides, 2023)

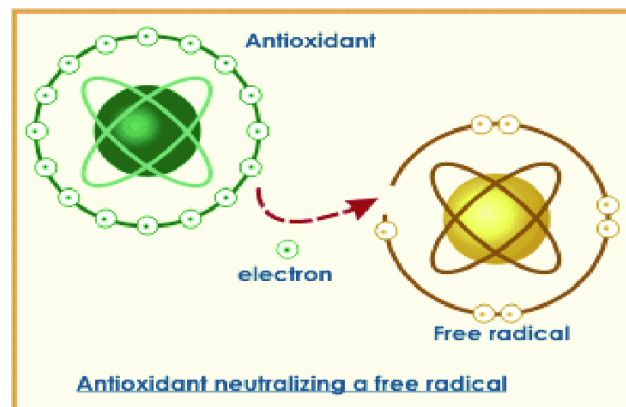
### Biophotons are a universal mechanism for the regulation and transmission of signals in the body



- The intensity of biophoton emissions can be influenced by changes in ionic gradients and bioelectric fields.***
- A photon unit of light is created when it rises to a higher energy altitude and then falls back to its normal orbit, releasing energy as a photon or light particle. (Nevoit, 2023)



- When a plant atom has incorporated extra negatively charged ions onto its orbit, as in what occurs during APLGO's proprietary Acumullit SA electrical storm simulation, it can release and donate its extra electrons to scavenging free radicals in the body to neutralize their health-threatening actions.



## 2. Can you elaborate on the specific benefits of the combination of ashwagandha and chamomile in HPY, particularly regarding stress management and promoting relaxation?

### Ashwagandha Root (*Withania somnifera*)

- Saponins and acylsterylglucosides are the main classes of phytochemicals attributed to decreasing sensitivity to stress.
- Strengthens immune system.
- Helps stabilize the body's biochemical processes, promoting homeostasis or biochemical equilibrium.
- Has a GABA mimetic (cognition promoting) effect—supports the formation of new dendrites or neuropathway extensions of the nerve cells, helpful with memory deficit and neurodegenerative diseases.

### Chamomile, German (*Matricaria retutita*)

- Studies indicate its use for general anxiety; has relaxant effects, acts as a mild sedative and therefore useful for insomnia.
- Contains the amino acid glycine, known to have nerve-relaxing actions, as has been associated with the relieving of menstrual cramps in women.
- Stimulates the immune system to better able to react to inflammatory reactions in response to stress.
- Contains approximately 120 secondary metabolites, and includes 36 flavonoids and 28 terpenoids.
- Antimicrobial, antigastrointestinal properties for maintaining gut-brain communications against stress.
- Antioxidant, anti-inflammatory, working against damaging free radicals or stress chemicals produced under stress.

The body's stress response involves the release of a cascade of hormones, including cortisol, epinephrine, and norepinephrine, to prepare the body for “fight or flight”.

(Gilbert, 2024)

### **3. Besides promoting calm and relaxation, what are the long-term benefits of regularly consuming HPY, considering its antioxidant content and unique blend of ingredients?**

The botanical nutrient factors in HPY have been shown to assist the following:

- Immune system - antibacterial, antiviral, antifungal, antiparasitic.
- Strengthening blood vessels, building blood volume.
- Supporting nerves, brain, muscle and joint movements.
- Improving digestive tract tissues and functions.
- Improving fat metabolism, bile flow in the liver.
- Improving kidney function.
- Improving intestinal functions.
- Assisting cell organelle mitochondria, converting nutrients into energy.

(Gilbert, 2024)

### **4. Are there any known contraindications or potential interactions between HPY and common medications or pre-existing health conditions?**

- The National Library of Medicine's MedlinePlus website lists all prescription drugs and any drug-nutrient and/or drug-food interactions, and also discuss that information with your doctor:  
<https://medlineplus.gov/druginformation.html>.
- At that website, you can:
  - Do a search on any possible drug nutrient interactions.
  - View the list of various websites that discuss which foods or nutrients affect certain medications.
  - Be more informed and discuss the information with your doctor.
- You can also perform a separate search in your browser on specific drug-nutrient-food interactions to find summarized peer-reviewed scientific research your doctor may not be aware of that you can show him/her.
- If no contraindications are found, then sensible dietary considerations for proper cellular nourishment are likely warranted under the guidance of a qualified nutritionist.

### **5. What is the recommended dosage of HPY, and how often should it be consumed to experience the optimal benefits?**

- APLGO drops contain whole food micro complexes, not isolated nutrients, and therefore should not be thought of in terms of dosages as if they were drugs, nor vitamin/mineral supplements containing milligrams in very large doses with safety limits.
- APLGO drops are functional foods the body can safely utilize since their un-altered, active molecules are identified at cell membrane detection sites and readily allowed to enter the microcell environment.
- The drop nutrient factors are already in their biologically correct food form, containing micro phytonutrients that have a great range of health benefits, proven through peer-reviewed scientific research to assist the body's normal regenerative, restorative, repairing processes.
- Other supplements containing massive amounts of certain synthetic vitamins and certain forms of elemental minerals that are not very utilizable by the body and far exceed government recommended dosages, have reported aggravating effects on the body.

- Since the drops' biocompatible, plant chemical molecules are 100% immediately assimilated into the bloodstream, they are rapidly circulated throughout the body and delivered to various system cell sites where they are readily accepted into the cell environment and utilized fully.
- One should not be wary of the very nutrients the body requires to restore and maintain all cellular processes for proper functioning.

## 6. From Klee Miller, heard it may be good for prostate issues?

- The glandular system, which includes the prostate, produces various hormones that monitor and regulate cellular processes.
- When there are chronic nutritional imbalances, nutrient deficiencies, and consumption of distorted molecules from heat and chemically-altered foods, and/or exposure to toxic synthetic chemicals, the glandular system begins to malfunction at the cell level.
- HPY contains banana, containing phytochemical compounds found to prevent prostate cancer:
  - Catecholamines: norepinephrine, serotonin, dopamine, tryptophan, indole compounds.
  - Pectin
- HPY also contains turmeric:
  - Overwhelming scientific evidence shows that turmeric's biochemicals can prevent cancer altogether.
    - Blocks certain enzymes needed for cancer growth
    - Researchers have attested that there was not any type of cancer cell upon which turmeric did not work, including colon, mammary, prostate, liver cancer, esophageal, and oral cancers.

(Gilbert, 2024)

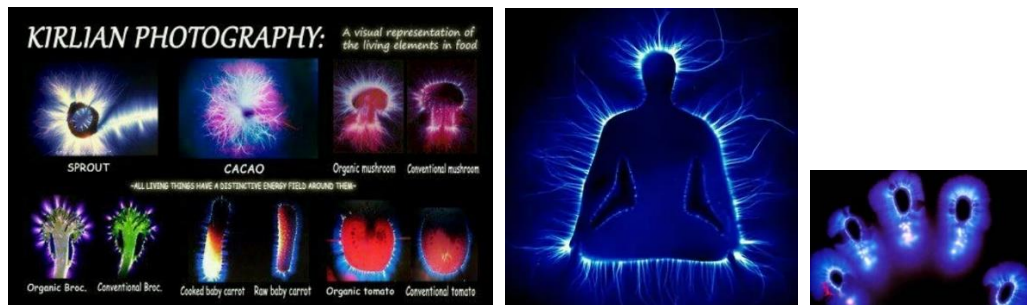
## ALT

### 1. How does the combination of ingredients in ALT specifically help to support normal, healthy upper respiratory function?

- Phytonutrients in **black currant** inhibit the inflammatory enzyme cyclo-oxygenase 2 (COX-2).
  - Allergic asthma is characterized by infiltration and accumulation of lymphocytes (produced in bone marrow), and eosinophil immune cells in the lung.
  - Black currants contain anthocyanins, polyphenolic compounds shown to reduce eosinophilic accumulations and airway inflammation (Tafadzwa et. al., 2014).
- Phytonutrient bioactive compounds in **skullcap root** are a group of flavones shown to have antibacterial and antiviral actions.
  - The phytonutrients, baicalin, baicalein, and wogonin have been shown to strongly inhibit inflammation.
  - Wogonin inhibits the cyclooxygenase-2 (COX2) inflammatory enzyme.
  - Baicalin and baicalein bind to and limit production of inflammatory proteins (cytokines).

## 2. Can you elaborate on the mechanism by which ALT enhances the body's natural defenses against environmental irritants, particularly concerning the role of Acumullit SA® technology?

- Studies show that the **mangosteen pericarp** or the rind possesses the strongest antioxidant and biochemicals or secondary metabolites that protect against cell damage.
- Contains high concentrations of a class of xanthenes, phytochemical complexes that are anti-allergic or antihistaminic.
- Secondary metabolites are the fluids in plants vital for their immune protections, and are very effective for humans as antioxidants, anti-inflammatories, and anti-microbials.
- A living, enzyme-active, light energy frequency-active botanical is many times more beneficial than one that has been heat processed since the body's cells are also driven by enzyme catalyst actions and the energy of light. (See also question # 1.)
- The APLGO Acumullit SA technology allows the botanical materials to be infused with added negatively charged ions at the atomic level, maintaining the active enzymes, nutrients, and light energy vibrational frequencies in unheated form for maximum utilization within our own cells.



- All cells in the body cannot function without active enzymes driven by light energy frequencies at which our cells vibrate, which can be seen in Kirlian photography above.
- New technology in the field of biophysics known as biophotonic spectroscopy is used to detect different aspects of food quantity and quality.
  - Uses spectroscopy techniques and instruments to study the absorption, and scattering and emission of light in food.
  - All living organisms emit electromagnetic radiation in the form of biophotons or units of light.

*"There are about 100,000 chemical reactions happening in every cell each second. The chemical reaction can only happen if the molecule which is reacting is excited by a photon... Once the photon has excited a reaction it returns to the field and is available for more reactions... We are swimming in an ocean of light."*

Dr. Fritz-Albert Popp, German biophysics, biophotons researcher.



### 3. Many of the ingredients in ALT are known for their antioxidant properties. How do these antioxidants contribute to promoting vitality and overall well-being?

- The plant compounds in ALT are strong anti-microbials and serve many antioxidant functions as secondary metabolites:
  - Secondary metabolites are not involved in plant growth, development or reproduction. Instead, they:
    - Protect our body systems against oxidative or free radical damage that may lead to cancer, stroke, heart disease.
    - Help regulate bodily processes and transform one form of biochemical to another.
    - Help eliminate toxic wastes and toxins out of the body.
    - Prevent the invasive inflammatory effects of bacteria, viruses, fungi, parasites.
    - Help the immune system produce biochemicals that destroy microbes.
    - Protect the digestive system against intestinal diseases.
    - Protect blood vessel walls, protect against cell damage.
    - Improve blood and lymph vessel circulation, helping to clear out cellular debris and foreign substances.
    - Improve fat digestion, stimulates bile flow from the liver.

### 4. For individuals with sensitivities to certain plants, are there any potential allergens or contraindications to be aware of within the ingredients list of ALT?

- According to the medical literature, when testing for allergens, the exact substance one's body reacts to may be difficult to pinpoint.
- Cautions about safety for botanical supplements refer to capsules or tablets containing large doses measured in grams, although there have not been adverse effects reported in those taking botanical supplements for up to several months.
  - Example: a 60 mg capsule of an astragalus supplement equals 2.12 ounces.
  - Such relatively large doses of individual botanicals are what the medical-based websites refer to as what seem to be precautionary measures.
    - In the example of astragalus (*Astragalus membranaceus*), the National Center for Complementary and Integrative Health states that a supplement with such doses "may be safe when used orally and appropriately", and "may interact with medications that suppress the immune system" (National, 2020).
  - Contrastingly, the overwhelming amount of scientific literature reporting the studying and applying of the astragalus plant in clinical studies describes astragalus as a promising functional botanical shown to have wide health-promoting effects (Auyeung, 2016).
  - Conclusion: what is likely due to the synergistic balance of its highly beneficial phytochemical compounds, the scientific literature does not indicate any side effects.
- Botanical fact sheets published by the government typically list general precautions when taking drugs.
  - It is wise to examine the scientific research listed at this government site on individual botanicals, although those studies may or may not have been selected for inclusion in coveted peer-reviewed studies, and therefore discernment is important.
  - Government site botanical supplement lists are incomplete; by comparison, the scientific literature is vast encompassing thousands of scientific journals documenting multiple thousands of studies on what seems to be almost every botanical on Earth.

- Case in point: the following botanicals in ALT are not listed on the Botanical Supplement Fact Sheets page.
  - Black currant
  - Eucalyptus
  - Grape seed (only grape seed extract is listed, which means that rather than the whole grape, only the phytochemical group of proanthocyanidins have been extracted from the whole grape seed).
 (Botanicals 2025)
- The APLGO drops contain micro doses of whole plants that are scientifically well-established as safe, functional foods with a wide range of health benefits in the various body systems.
  - There are currently no established recommended doses of the micro-phytochemicals in plants since an innumerable amount of them exist in the plant kingdom.
  - The small amounts of vitamins and minerals in the drops are negligible, and are not required to be listed per FDA labeling standards.
  - In whole plant form, the synergy of nutrients are known to counter potential side effects, whereas any substance if isolated may potentially result in certain side effects.
- It is when certain isolated phytochemicals in plants, including vitamins and minerals, are formulated at very high dosages that may disrupt a drug's actions.

#### **5. Beyond supporting normal breathing and immune response, are there any other potential health benefits associated with the regular consumption of ALT, based on the synergistic effects of its ingredients?**

- Here are just a few other health benefits of ALT's botanical phytonutrients:
  - Astragalus
    - Maintains the body's fluid balance.
    - Prevents liver damage, protects intestinal tissues.
    - Normalizes body chemistry under stress; helps the body increase its antioxidant enzyme, superoxide dismutase (SOD).
    - Protects adrenal glands.
    - Improves circulation.
  - Black Currant
    - Polyphenols show improvement in cognitive performance; slowing cognitive decline in aging.
    - Flavonoids protects against oxidative stress.
    - Restores intestinal environment.
  - Eucalyptus
    - Anti-inflammatory flavonoids, alkaloids, tannins.
    - Reduces fevers, antimicrobial.
  - Ginger root
    - Protects stomach lining.
    - Contains amino acid asparagine, important for many proteins the body produces.
    - Contains silica improves skin, hair, nails.
    - Contains choline, supports nerve, brain, muscle movements.
  - Grape seed
    - Aids in forming new red blood cells in bone marrow.
    - Contains phytosterols that help lower cholesterol.
    - Contains resveratrol that strengthens blood vessels.
    - Helps reduce risk of neurodegenerative conditions: Parkinson's, Alzheimer's.



- Green tea
  - Catechins, potent antioxidants much more potent than vitamin C and E.
  - Helps balance blood pressure.
  - Slows aging.
  - Helps detoxify heavy metals.
  - Prevents atherosclerosis or plaques that harden and damage the arteries.
  - Reduces risk of metabolic syndrome
- Licorice root
  - Triterpenoids, flavonoids, saponins help resist infectious diseases.
  - Isoflavones have inhibitory effects on diabetes.
  - Improves spleen and stomach functioning.
- Mangosteen
  - Contains xanthenes, restores skin conditions: eczema and other skin abnormalities.
  - Reduces fever(antipyretic).
  - Restores digestive tract damage.
  - Alleviates eye conditions glaucoma, cataracts.
  - Anti-atherosclerosis.
- Rowanberry
  - Contains phenolic compounds inhibiting free radical molecules reactive oxygen species (ROS) and superoxide anion, reducing free radical scavenging activity.
  - Phenolics decrease risk of cell damage and preventing atherosclerosis, heart disease, and cancer.
- Skullcap root
  - Anti-dysentery, anti-insomnia, anti-inflammation.
  - Helps attenuate blood pressure.
  - Used against hemorrhaging.
  - Flavones found to be anti-cancer, anticonvulsant, protect the liver.
  - Neuroprotective.

### Testimonial by Klee Miller

“My testimony for ALT is that I give it to my cat because she sneezes due to feline herpes. This and AIR helps minimize her attacks.”

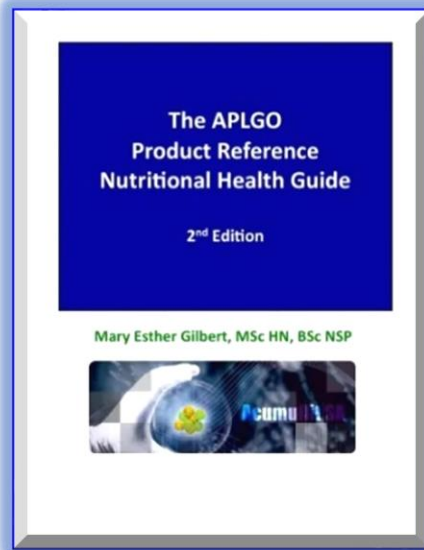
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## **APLGO Product Reference Nutritional Health Guide 2<sup>nd</sup> Edition**

**By Mary Esther Gilbert, MSc, BSc HN, BSc NSP**

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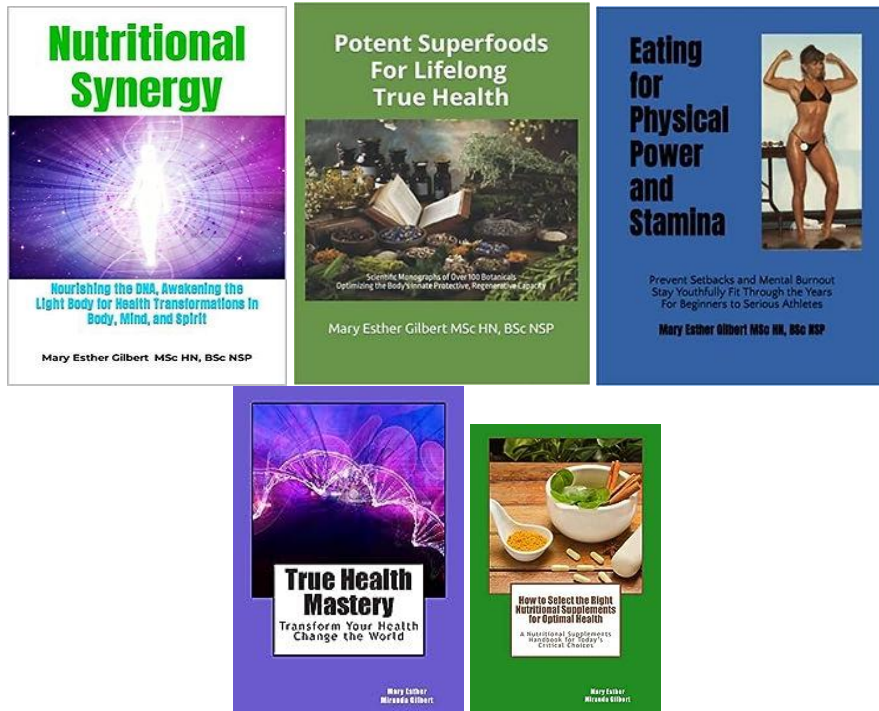


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