



THE FOHOW BOOK - English translation -

Introduction

Biologically active food supplements appeared in the world for the first time in 1992 in China. These fast-acting biological regulators of the immune and energy systems are unique products due to the greater curative effects of their fungi macromycete cell substance.

China has become the world leader since in guiding the further development of Eastern medicine as well as in many scientific research fields.

Fast-acting biological regulators of the immune and energy systems are concentrated liquids made from a fungi cell substance now known for its greater curative effect. This unique product was launched for the first time in the world over 10 years ago as part of a Chinese national project representing a new essential stage in the history of the technological development of biologically active food supplements.

The ingredients in these products are well-known in the East - edible, high-grade mushrooms, which are primarily Chinese cordyceps growing in Tibet in addition to the lynchzhi (reishi) and aromatic shiitake mushrooms - all these are known to affect the betterment of human health powerfully. Biologically active supplements (BAS) with very fast and significant effects are produced by modern biotechnologies (fungi cell substance vacuum concentration and extraction at low temperatures).

Globally people have been using these potent healthcare products and enjoying their advantages over the past seven years. Many countries have registered these products as biologically active supplements or food supplements, including the prestigious FDA quality certification of the United States, the certificate of recommendation of France for the use the BAS in EU countries as well as certificates of other countries.

These products are widely used for preventive or healthcare measures. Their ingredients do not contain any prohibited stimulating substances (doping), thus BAS supplements are popular among athletes around the world. National Olympic team members from China, Lithuania and Latvia adopted their use. Chinese athletes came home from the 2004 Athens and 2008 Beijing Olympic Games with numerous medals - these tremendous achievements of the athletes and their coaches involved a contribution by the use of cordyceps and other high-grade mushroom products.

Increased muscle power, human body endurance and resistance - such are the considerable effects of food supplements from Chinese cordyceps, as American scientists can attest. The American Physiological Society Convention Report reported that the use of Chinese mushrooms (fungi) helps body cells to assimilate oxygen more effectively. This is the reason that use assisted athletes in handling extreme physical loads more successfully.

Food supplements or phytoteraphy -- fast-acting biological immune system regulators, made from the high-grade mushroom cells, categorized either way, work absolutely differently than any other natural healthcare products known in the world do. The effects resulting from these products are possible either by using them exclusively or by using them in combination with pharmacological products.

Time does not stand still and improvements in technology continue. Chinese scientists have made considerable advances in the last several years, after their first generation introduction of fastacting biological immune system regulators from high-grade mushroom production technologies. Fohow, a multi-national Chinese corporation, keeps up with the advancements in healthcare product technologies. Fohow is the sole manufacturer of healthcare products in China to operate its own, internal, scientific Research Institute. The institute researches and develops new BAS formulas, implements product safety research, determines efficiency and other such important projects in healthcare. Professor Tang Youzhi heads the Research Institute. He is renowned as the founder of modern Chinese medicine, was previously the personal physician of Chinese Chairman Mao Zedong (Mao Tse-tung). Since then Professor Youzhi has been consulting the distinguished state leaders in China and numerous other countries.

The main corporate mission of Fohow is the worldwide promotion of a healthcare culture fostering a happy and healthy lifestyle for all humankind.

About Fohow

The World Health Organization recognizes China as having a rich and highly developed system of medical knowledge - a treasure of humankind.

Products made with the macromycete cell substance of high-grade, curative mushrooms appeared in China for the first time in the world in 1992. A new generation of biologically active food supplements emerged - fast-acting biological regulators of the immune and energy systems.

China has been the world leader in the ongoing development of Eastern medicine as well as in many other scientific research fields over recent decades.

A unique project was launched in China over 10 years ago for the first time in the world. A new essential stage was launched in the history of the development of the production technology for biologically active food supplements and more - it promoted the appearance of liquid concentrated products, made from a high-grade, curative mushroom cell substance - the fast-acting biological regulator of the immune and energy systems.

But time does not stand still. Chinese scientists, after introducing the first generation of production technologies making the fast-acting, biological immune system regulators from high-grade mushrooms, considerably improved the technologies a few years ago. The fact is that Fohow, the multinational Chinese corporation, is not lagging behind. Fohow Corporation is the only Chinese company producing healthcare products that has its own scientific research institute that researches, develops and produces new biologically active supplement (BAS) formulas, performs product safety research, determines product effectiveness and handles other functions. Professor Tang Youzhi, the founder of modern Chinese medicine, previously the personal doctor of Chinese chairman Mao Zedong, is the leader of the scientific research institute. Professor Tang Youzhi has been consulting the most famous state leaders in China and many other countries.

The main missions of Fohow Corporation are - promotion of the healthcare culture in the whole world and the development of a happy and healthy lifestyle for all of humankind.

The products of all Fohow Corporation enterprises have been certified with the leading international quality certificates GMP, HAACP and ISO.

Presently Fohow products are being registered in many countries of the world. Products were registered very quickly in Lithuania, Latvia, Estonia, Israel, Russia, Mongolia, Kazakhstan, Uzbekistan, Poland, Germany and many other countries.

Thus Fohow Corporation has begun successful work in worldwide markets. The company produces unique healthcare products and it is determined to proceed registering the biologically active food supplements in different countries over the world.

Experts from different hygiene and epidemiology centers have confirmed the safety and naturalness of Fohow Corporation products. BAS safety indexes are much lower than hygiene requirements by tens or even hundreds of times. The Fohow Corporation's biologically active supplements contain many components that are necessary for the human organism, such as polysaccharides, oligosaccharides, flavonoids and others. Many products represent the new generation of BAS - these are the fast-acting, biological immune and energy system regulators.

Also important - the price of the fast-acting biological regulators made from cordyceps is lower in comparison to the production sold by other companies. The new generation of cordyceps supplements has become affordable for everyone.

Fohow Corporation is the only Chinese company producing healthcare products that has its own scientific research institute that researches, develops and produces new biologically active food supplement formulas, performs product safety research, determines product effectiveness and handles other functions. With the help of modern technologies, it produces liquid, concentrated supplements from high-grade mushroom cells - the fast-acting biological regulators of the immune and energy systems.

These supplements are widely used as prevention and healthcare measures. They work in an absolutely different way than do any other natural supplements known in the world. The qualities of these supplements are a gentle influence and even the regulation of the Yin and Yang balance. Due to modern technologies, the effectiveness of these supplements exceeds the effects of the raw materials by ten times. The most modern methods of cell splitting and extraction are used to produce these supplements, such as multifunctional extraction at low temperatures, above critical extraction, colonial chromatography, vacuum concentration and others. Thus the active components are maximally retained and the ineffective components and additives are eliminated.

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Traditional Chinese medicine believes that “food and medication are the same”. The synergy principle is the basis for all the formulas produced. The production of Fohow Corporation works in three ways: Cleansing (Cin), Regulating (Tiao) and Supplementing (Bu).

Official Western medicine is gradually acquiring positive experiences from the East. For example acupuncture has already been recognized for a long time. Doctors now give credit to certain curative supplements for their effectiveness. An integral outlook on medicine is becoming necessary and it has the greatest perspective. The coming together of Eastern and Western cultures offers us a more complete understanding of the world.

Fohow Corporation goals are

Product effectiveness - all products are characterized by a positive and fast-acting effect. Only natural and safe products are made.

The most advanced technologies are used in production.

Fohow food supplements characteristically act by:

I -cleansing the organism.

II - biologically regulating the immune system and all other functions of the human organism.

III - supplementing foods for necessary nutrition.

The Beginning

Principles of traditional Chinese medicine involve a thousand years of experience along with the most modern technologies.

Fast-acting biological regulators of the immune and energy systems are concentrated liquids made from a mushroom cell substance, now known for its improved curative effect. This unique product was launched for the first time in the world over 10 years ago as part of a Chinese national project representing a new essential stage in the history of the technological development of biologically active food supplements.

Fohow Corporation is the sole manufacturer of healthcare products in China to operate its own, internal, scientific Research Institute. The institute researches and develops new biologically active food supplement formulas, performs product safety tests, determines effectiveness and other such important projects in healthcare.

The main corporate mission of Fohow is worldwide promotion of a healthcare culture fostering a happy and healthy lifestyle for all humankind.

All Fohow corporate branches hold quality certifications GMP, HAACP and ISO, the best regarded internationally.

Food supplements

Fohow food supplements are used for:

- I -cleansing the organism
- II - biologically regulating the immune and energy systems
- III - supplementing foods for necessary nutrition

All products are fast-acting and effective, working absolutely differently than any other natural healthcare products known in the world do. The effects resulting from these products are possible either by using them exclusively or by using them in combination with pharmacological products.

Faradization thermal belts provide

Faradization thermal belts, products of physiotherapy “know-how”, provide:

- Sound sleep
- Headache relief
- More energy
- Comfort in daily activities of life
- Flexibility of the joints for a longer time

These unique thermal belts, made of a special material with finely-minced, low-power magnets and minerals with the help of nanotechnologies, are the result of intense scientific research by Fohow Corporation professionals.

Production

The FOHOW Corporation follows three product development principles.

Principle One: Our products must have obvious effects - if there is no effect, it is not our product.

Principle Two: Our products must be safe and natural - if it contains chemicals, it is not our product.

Principle Three: Our products must comply with the scientific health maintenance culture, and the formula must belong to FOHOW Corporation - if it does not maintain health, it is not our product.

(“Fundamental Principles of the Fohow Corporation” excerpt)

Essential principles in a culture of health maintenance are:

Healthy people can live long in a state of health.

Not entirely healthy people can regulate their organisms and recover their health. Sick people can get stronger and restore their health.

Ingredients in the products and how they work

“Not a single plant or a mineral has become as much of a sensation in medicine as the mushroom has.”

I. Filipova

I. Filipova, a doctor of mushroom therapy writes, “Mushrooms are among the most mysterious beings in nature. Although attempts have been made to reveal their origin for centuries, it remains a secret. Their origin has been attributed to both God and the devil. A separate branch of medicine is engaged with medical mushrooms, a natural medicine that is named mushroom therapy. Treatment methods with mushrooms have been used for thousands of years in China and Japan. The shiitake (*Lentinus edodes*), a mushroom that grows on trees in Japan has become a real sensation in modern biochemistry. Its unique curative powers have been confirmed by numerous clinical trials performed in Europe, America and Asia. The shiitake is considered one of the most effective curative means for heart and blood vessel diseases, cancer and benign tumors.

Another mushroom that grows on trees in the East is the linchzhi (*Ganoderma lucidum*), or reishi, which is called the mushroom of longevity. Centuries ago scientists thought that supplements made from this mushroom could ensure “eternal youth”.

Fohow products contain ingredients that are mostly recognized in the East for their curative qualities. These are high-quality mushrooms - Chinese cordyceps (*Cordyceps sinensis*), linchzhi (*Ganoderma lucidum*), aromatic mushroom (*Lentinus edodes*) and lion’s mane (*Hericium erinaceus*) - certain herbs, Himalayan honey and other natural ingredients.

All products are made from foods well known in the East, starting with high-grade, edible mushrooms, like the Chinese cordyceps growing in Tibet as well as the linchzhi (reishi) and aromatic (shiitake) mushrooms, characterized by their strong, positive effects on human health. Modern biotechnologies (mushroom cell content vacuum concentration and extraction at low temperatures) provide the way to produce exceptionally fast-acting biologically active supplements (BAS) with strong effects.

Many people from different countries have had a chance to use these effective products, the biologically active supplements or food supplements, which have been granted the prestigious FDA quality certification of the United States, the certificate of recommendation of France for the use of BAS in EU countries as well as certifications of other countries.

These products are widely used for preventive or healthcare measures. Their ingredients do not contain any prohibited stimulating substances (doping), thus BAS supplements are popular among athletes around the world. National Olympic team members from China, Lithuania and Latvia adopted their use. Chinese athletes came home from the 2004 Athens and 2008 Beijing Olympic Games with numerous medals - these tremendous achievements of the athletes and their coaches involved a contribution by the use of cordyceps and other high-grade mushroom products.

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Medical research on medical mushrooms is undertaken for several reasons.

First - when traditional, chemical-based medications are not enough or when they cause side effects, there is interest in vegetable-based supplements. Side effects may not be of great importance when treating complicated and dangerous diseases. However, in cases of functional disorders, psychosomatic diseases, metabolic impairments (including consequences of irrational diets), chemical-based medicines have a narrow effect and cannot solve the complicated problems involved.

The causes of many illnesses are not always clear. Additionally many factors often influence the development, or pathogenesis, of numerous illnesses.

Therefore a search is constantly underway for supplements having a complex effect on the main processes of vital cell activities.

Certain medical mushrooms are considered among the most valuable plants for their tonic effects in Eastern countries, such as China and Japan. They increase overall resistance in the human organism and provide the possibility for a long life. Representatives of Eastern medicine speak about the general protective function of the organism, and many medical mushrooms have a positive influence on it.

Naturopathy is a medical practice using natural methods to restore the normal functions of the organism. Presently naturopathy is studied academically to train naturopath specialists. So-named "folk doctors" take their place to fill a needed gap.

Clinicians are interested in new data on the unique qualities of extracts from medical mushrooms that have immuno-modulating and cyto-protective effects when used. Immunological factors dominate in the pathogenesis of many diseases. Traditional immunotherapy with the help of pharmacological supplements is one of the most complicated areas of modern clinical medicine.

Invasion into the regulation of the multi-functional immune system is unable to solve arising problems and it is dangerous because of possible consequences. Treatment with immune-modulators is followed by pro oxidant action and auto immune reactions, and fast exhaustion of immune functions are activated. In the cases when "immunotherapy" of a tumorous process or a virus eradication program is carried out, "the goal justifies the means". However, the priority in all the other cases is still the principle, "do not cause harm!".

Specialists in complementary medicine around the world use different medical mushrooms. Fohow Corporation makes available two elixirs of combined medical mushroom extracts—Phoenix and Sanbao - Three Treasures.

These liquid elixirs of cordyceps are complex supplements - their effect is not a simple one.

To solve the problem from the clinical, medical point of view, traditional methodology was used. The analysis of how the separate components in complicated formulas actually work and their clinical effects enabled a closer look at the mysterious Chinese medical methods. This effort translated the poorly understood Eastern teaching into the traditional language of medicine in Europe.

FAST ACTING BIOLOGICAL IMMUNE AND ENERGY SYSTEM REGULATORS FROM HIGH-GRADE MUSHROOMS

The new, concentrated liquid elixirs made of high-grade mushroom cells from Chinese cordyceps, linchzhi and aromatic mushrooms are distinctive for their systematic effect. This effect quickly regulates all the functions of the organism. The original formula of the elixirs and the most modern biotechnology, which are used to produce them, far surpasses the effectiveness of cordyceps and other medical mushroom that have been popularly used in the East.

Liquids of concentrated cordyceps and other mushroom supplements to regulate the immune system act much faster than the different “dry” supplements, traditionally produced in tablet or capsule form by older technologies, because they contain many more immuno-modulating polysaccharides.

The new Fohow Corporation elixirs are modern achievements of contemporary science and technology. Their contents meet all scientific requirements, traditional Chinese medicine principles and pharmacological rules. These gently acting products regulate the Yin and Yang to the rightful balance, thus their use activates biological processes in human cells and slows the aging processes.

Modern technologies are the reason that these supplements exceed the effects of the raw materials by ten times. To produce these products, the most advanced, modern methods of cell split and extraction are used: multifunctional extraction at low temperatures, above critical extraction, very effective colonial chromatography, vacuum concentration and other methods.

The most modern technologies have provided a way to save the active and eliminate the harmful components and additives. The organism is then better able to absorb the supplements, thereby their effectiveness increases. Strict state product quality control is absolutely implemented in the plants manufacturing these products.

Cordyceps supplements are fast-acting, immune system regulators. Although they are not medicine per say, but biologically active supplements (BAS), they were clinically tested in China, the USA, Japan and South Korea. All these countries provided persuasive evidence that Fohow supplements are effective in maintaining good health and in treating different ailments. Such clinical tests confirm their complete safety.

All such highly convincing results on usage of fast-acting biological immune and energy system regulators produced from high-grade cordyceps, linchzhi and shiitake mushrooms have come in the past seven years. New reports are coming in at preset about even more effective results from the use of these products.

One conclusion can be drawn - the new, improved supplements from Eastern mushrooms exceed their predecessors in effectiveness and provide a way to achieve good results, even with smaller dosages.

Several international and regional medical conferences, seminars and discussion sessions were held to consider the usage possibilities of these kinds of supplements. Collections of scientific reports have published about the results of treatment with these supplements.

Professor Ala Girich from Moscow makes every effort to inform the medical community and residents about Fohow products. Her experience in clinical pharmacology helps her to analyze thoroughly how the mechanisms of biological immune and energy system regulators function. Lecturing medics and nutrition specialists having experience with these products are also working actively in other countries, who include Doctor of Medicine Nodar Gazneli in Israel, Doctors Nijole Jankuniene and Dalia Sekmokiene in Lithuania and many others in these and other countries.

European countries have accumulated a great deal of experience in the use of fast-acting, biological immune and energy system regulators recently. Observation results have exceeded expectations. It can be firmly stated that biologically active supplements (BAS) are safe and, in many cases, their positive effects are greater than they are with medications. Use of these supplements for healthcare and the prevention of health problems improves health considerably.

These supplements are most widely used in preventive medicine. Senior lecturer T. Lemzitskova from the Ukraine provided a very persuasive example at an international conference in Moscow. Children in two Kiev kindergartens had no respiratory virus infections for a year because they used cordyceps supplements preventively.

This is why we recommend the liquid, concentrated cordyceps supplements - Phoenix and Sanbao Three Treasures - as truly effective preventive measures, especially for people with weak immune systems as well as those suffering from chronic diseases.

Statistical data show that cancer patients use the supplements more often than other people do. This is because the newest forms of Fohow's liquid, concentrated supplements - Phoenix and Sanbao Three Treasures drinkable elixirs - have many more polysaccharides, the main immuno-modulating components, thanks to the help the most advanced biotechnologies. No doubt such immuno-modulators are essential for cancer patients, and also for those who suffer from different pre-cancerous conditions or other ailments that develop from a breakdown in the immune system. Today as much as some 80% (!) of all the diseases are diagnosed in people with weakened immune systems.

Almost 3,500 oncology (cancer) and hematological patients who use cordyceps supplements have been consulted and observed in Lithuania and other European countries. This large group of people differed by age and clinical diagnosis. It has been found that, when using the fast-acting, concentrated immuno-modulators, a positive effect is almost always felt - either using them in combination with traditional medication and alone. Even in the last stages of the diseases, use of the supplements was justified.

Concentrated cordyceps supplements suppress the development of tumors because they contain huge amounts of immuno-regulating polysaccharides and certain other, specific ingredients. Thus cancer patients can use these supplements to enhance treatment or sometimes actually as the main treatment measure.

Patients suffering from different heart and blood vessel diseases, mainly in the cases of atherosclerosis and its complications (arterial hypertonia, infarct, stroke), can also successfully use Fohow cordyceps supplements. Even patients suffering from constant hypertonia have observed

positive results. Arterial blood pressure normalized in over half of the patients using the fast-acting biological regulator Phoenix drinkable elixir and decreased in about 40%. Similar results were described when using liquid cordyceps forms by O. Beskaravainaja from the Ukraine, L. Gazizova from Russia, I. Pajarskiene from Lithuania and others.

Veterinary practice also successfully employs cordyceps supplements together with synthetic medication (A. Bugajev, Kiev, 2003).

Cautions regarding use of the supplements

Certain rules must be followed when using biological immune and energy system regulators.

With different chronic disease cases, large doses should not be taken in the beginning due to possible exacerbation, or intensification, of the illness.

Arterial hypertonia cases require special attention. Fohow high-grade mushroom supplements are excellent at regulating the inner surfaces of blood vessels. They renew blood vessel elasticity, which can increase their capacity and thereby regulate blood pressure. That is why arterial hypertonia patients are prescribed these supplements. However, use should begin carefully. Usually, on the first day of use, only 0.25-0.5 ml of the drinkable elixir is taken. The dose is increased each day by the same amount until it reaches 2.0-2.5 ml per day until the first bottle is finished. Afterward the supplement is used in the usual way (as stated below).

Another alert with the use of biological immuno-regulators regards their exceptional ability to establish or diagnose health disorders.

This should not be confused with a sometimes provoked worsening or exacerbation of chronic diseases, when large doses of the supplement are used in the beginning of a treatment course. So, how does the supplement diagnose a disorder? An affected organ can be expected to have a certain reaction. The reaction could be a soft gripping sensation, burning or discomfort in some part of the body (where an affected organ is located). For example, in cerebral atherosclerosis cases, patients sometimes complain of head pressure and dizziness when taking large doses of Linchzhi capsules at the beginning of a treatment course.

Nonetheless, what is unusual about biologically active supplements is that they do not have any unfavorable side effects, something that cannot be said about any chemical medications.

Additionally these supplements can be used in combination with all medical methods. They match all medications, suppress side effects and increase their effectiveness.

It is enough to use cordyceps supplements (except Liuwei Cha tea) once or twice per day. Only in certain cases and under certain indications, several supplements can be used simultaneously intending to achieve a greater effect. For example, after a stroke, it is possible to increase the dose gradually and use two biological regulators that restore the blood vessels - Linchzhi capsules and Phoenix drinkable elixirs.

Mornings are the best time to use cordyceps supplements, because they activate the functions of the brain and muscles. Sometimes, in cases of stage IV cancer or other serious diseases, use of the concentrated supplements (Phoenix and Sanbao - Three Treasures drinkable elixirs) can be in larger doses twice per day - in the morning and in the evening.

For cleansing functions, drinking a large amount of liquids, usually not less than 2 liters per day, is important with the use of cordyceps supplements.

Supplement doses are prescribed individually with consideration of the health state of a person's organism and the desirable clinical effects based on the research results. At the beginning of a

treatment, the doses indicated in the publication should be prescribed. These treatment courses are based on the results of observing patients who used the first generation of cordyceps supplements. Practical experience shows that people in Europe can use smaller than the recommended doses of cordyceps supplements and still achieve effective results.

Products - CAPSULES

XueQingFu capsules (Fohow XueQingFu)

These capsules mainly contain nattokinase and extracts from grape stones and the Gynostemma pentaphyllum, also called jiaogulan, plant. Advanced extraction technology and other modern pharmaceutical technologies were employed to develop this health-giving product.

Ingredients: nattokinase, grape stone extract, Gynostemma pentaphyllum extract and gelatine

Package contents: 120 capsules, 250 mg each

Use and dose: up to 2 to 3 capsules, 2 times per day, washed down with warm water

Note: the dose should be increased gradually, using one capsule per day during the first week of use and increasing the dose by one capsule per week.

Storage: hermetically closed bottle in a dry and cool place avoiding direct sunrays

Nattokinase is an active, harmless natural food product enzyme, a traditional nutrition used by people known for long life expectancy and excellent health. Research found that the health of Japanese associated with plentiful use natto, a food, which they have been eating for over 1,000 years. Natto is made by fermenting boiled soybeans with beneficial bacteria - the Bacillus subtilis or natto. The resulting nattokinase enzyme intensively multiplies and synthesizes, providing the beneficial qualities of natto. Previously nattokinase was obtained from a natto extract, but now the genetically unmodified bacteria, Bacillus subtilis or natto, which grow on genetically unmodified soybeans, are used for its production.

Doctors have noticed that the Japanese, who regularly eat food with natto, enjoy healthy heart and blood vessel systems, and their blood retains normal blood viscosity, which is not prone to coagulation and thrombus formation, even at an elderly age. Natto, with its high fibrinolytic activity, is able to dissolve threads of fibrin protein, which is responsible for blood coagulation and thrombus formation. Millions of people all over the world who regularly take the popular anticoagulants - aspirin and its analogs - suffer from bleeding, especially in the digestive tract. Nattokinase is a safer and more effective remedy. Unlike aspirin and other pharmacological products, nattokinase has no side effects and causes no allergic reactions. In fact nattokinase is a natural alternative to aspirin, when used to treat and prevent heart and blood vessel diseases. Additionally nattokinase works quite long - for 4 to 8 hours - and it is not very expensive. Importantly, unlike medications, nattokinase does not stop blood from coagulating, when it is protecting blood vessels from thrombus formation and vessel disturbance, or when there is a case of trauma.

Functional effects:

Thins blood thus increasing the amount of blood flow while, by the same, improving oxygen delivery to the tissues and increasing biological accessibility to different internal organs

Improves the elasticity of blood vessel walls

Prevents thrombus formation and stimulates their dissolution

Maintains vision

Increases bone density

Reduces pain in the joints when suffering from joint maladies

Reduces pain in the joints and muscles under intensive physical loads

Reduces lymph viscosity

Improves the drainage function and cleanses the organism of dead cells

Disassembles fibrin coating cancer cells, which permits killer cells to recognize and destroy cancer cells

Grape stone extract is special, because grapes are a plant that has been cultivated the longest in the history of civilization. The grape is sometimes called the berry of a long life. Mothers in the East who are unable to breast feed wrap dried grapes in a soft cloth for their babies to suck.

Grape stone extract is rich in natural bioflavonoids, such as proanthocyanids and catechins, and a source of irreplaceable fatty acids and vitamins. This entire complicated and balanced biocomplex works positively on the organism, especially on the heart and circulatory systems. It effectively strengthens hair and nails, activates cell regeneration, maintains a healthy moisture level in the outer and inner layers of the skin and aids retention of hyaluronic acid, which is responsible for the hydration and elasticity of skin layers, and prevents it from destructing. Bioflavonoids are famous for their P-vitamin, which regenerates activity, slows the aging processes, resists the development of inflammations and neutralizes free radicals. Grapes stones contain polyunsaturated acids, which activate lipid circulation and restore the skin's barrier functions. These assist in retaining and restoring collagen - the main joint, bone and connective tissue fibers. Collagen is the main protein in the human organism, comprising one-third of all proteins of which 80% are in skin. Over time the collagen content in the organism gradually diminishes, and this is especially typical of skin cells. Skin dries out, when the collagen layer stops functioning and can no longer retain moisture. Polyphenols slow the aging processes in skin and the entire organism, increase blood vessel elasticity and tonicity, effectively prevent atherosclerosis and hypertonic disease and have an anti-inflammation, detoxication and antiallergenic effect. Grape stone proanthocyanids are recognized as one of the most effective, natural antioxidants exceeding the effects of vitamin E by 50 times and vitamin C by 20 times. They increase blood vessel firmness and elasticity and reduce the threat of thrombus formation. Quercetin is able to suppress carcinogens, thus, hindering DNA deformations. It has anti-phlogistic, anti-bacterial, anti-fungal and anti-viral effects, stimulates the immune system and reduces allergy outbreaks. Grape stone extract is also able to clean toxic substances from the blood.

Gynostemma Pentaphyllum is a vine that grows in China's mountain forests. Research on this plant began in the 1970s. The number of saponins in gynostemma is significantly greater than that in ginseng: ginseng contains about 20, and gynostemma - 84. Saponins are natural organic compounds (glycoside) participating in hormone synthesis. Much research conducted in China found that gynostemma can help achieving a substantial healing effect in the cases of heart and blood vessel diseases and particularly so in cases of arterial hypertonia, oncological diseases and AIDS. It also offers protection in stressful situations. Gynostemma influences lipid circulation thereby being an ideal means for losing weight. Furthermore it reduces the amount of cholesterol and sugar in the blood and hinders atherosclerosis development. The World Health Organization, with the support of the Chinese State Science Committee, highly evaluated gynostemma.

Note: It may not be recommendable to use with other blood thinning medications, such as aspirin or others.

Fohow Linchzhi capsules

Since ancient times, the effects of Linchzhi have been characterized as “soul soothing”, “wisdom awarding” and “memory sharpening”.

Use aids in slowing the aging process, regulating the nervous system and improving tumor resistance and the bloodstream to the brain. Linchzhi is named a “plant of eternal youth”. The ingredients in Linchzhi capsules include spawns and ascospores of the Chinese Ganoderma - the most valuable Linchzhi type.

Ingredients: Chinese Ganoderma spawn powder, Linchzhi ascospore powder and Chinese cordyceps mushroom spawn powder. These are sources of polysaccharides, amino acids, vitamins and minerals.

Cell membrane splitting technology assists in maximum retention of the active ingredients of the raw materials. Leading technologies are applied to multiply the absorption of the active components many times.

Package contents: 24 capsules, 0.5 g each

Use: an hour before mealtime (preferably in the morning) to be swallowed with water

Expiration date: 18 months from production date

Storage: a dry and cool place

Chinese cordyceps mushrooms in combination with the high-grade Linchzhi mushrooms quickly supply the brain with all the necessary nutrients and enhances their functional abilities.

Linchzhi capsules effectively improve the blood stream to the head and spinal cord, aid the supply of oxygen and nutrition to the nerve cells and regenerate affected brain cells to activate interactions and accelerate information transfer.

Linchzhi is successfully used in cases of blood stream disorders to the brain and spinal cord, including after a stroke.

Linchzhi improves mood and increases working capacity. It is effective for sharpening memory and increasing capacities for mental activities, such as the ability to study, especially foreign languages.

Different disorder indications and recommended duration of use:

For eyesight and hearing deterioration (especially in the elderly), use 1-2 capsules per day, finishing 1 or 2, 24-capsule packs

For mental fatigue and reduced attention span, use 1 capsule per day, finishing 1, 24-capsule pack

For migraines and sleep disorders, use 1-2 capsules per day, finishing 1 or 2, 24-capsule packs

For distonia blood vessel vegetation, use 1 capsule per day, finishing 1 or 2, 24-capsule packs

For backaches caused by osteochondritis, inter vertebra disk rupture and the like, use 1-2 capsules per day, finishing 1 or 2, 24-capsule packs

For brain blood vessel atherosclerosis, use 1-3 capsules per day, finishing 2 or 3, 24-capsule packs

For a post-stroke case, use 1 to 3 capsules per day, finishing 2 to 4, 24-capsule packs

For obesity of a medium type, use 2 capsules per day, for 2 months or longer

For mental development retardation, individualized doses for several months

For memory deterioration, Alzheimer’s disease and senile dementia, use 1 to 3 capsules per day for several months

For multiple sclerosis and Parkinson disease, use 2 to 4 capsules per day for several months

For depression and stress, use 1 capsule per day for several weeks

For epilepsy, individualized doses, usually 1-2 capsules/day, for several months

Notes

Morning or daytime hours are the recommended times for using Linchzhi. Evening use could disturb sleep sometimes.

The recommended use during the first 2 to 6 days of the treatment is to begin with small doses, such as half a capsule, especially for the persons suffering from blood vessel atherosclerosis in the brain, mental afflictions or following a stroke.

Following an ischemic stroke, Linchzhi can be used immediately.

Following a hemorrhage stroke, use can begin in 4 to 6 weeks. For migraines, two possible ways of use are possible:

- for a migraine attack, one effective dose of Linchzhi is taken
- regularly, an optimal dose is taken for 1 to 2 months.

For Parkinson's disease, multiple sclerosis and many other afflictions, the dose of Linchzhi is increased little by little until the most effective dose is determined and then the effective dose is used for several months.

For stress relief, singular use is beneficial (studying for exams, prior to starting hard work, driving for long periods and other stressful and tiring situations).

For childhood mental retardations, positive effects may be achieved by Linchzhi use in doses according to age:

- 1.5 to 3 years, individualized prescriptions in low doses
- 3 to 4 years, 1/5-1/4 capsule per day
- 4 to 8 years, 1/3-1/2 capsule per day
- 9 to 12 years and older, dose is increased to 1 capsule per day.

The conclusion - Linchzhi doses can be prescribed on an individualized basis in an amount for best effectiveness.

Haicao Gai Calcium soft capsules (Fowhow Haicao Gai)

Haicao Gai Calcium soft capsules for restoring the organism's normal calcium content are made from green Liuca seaweed found naturally in the sea - a new product made possible by an exclusive processing technology.

Ingredients: calcium from seaweed, vegetable oil, gelatin

Package contents: 100 capsules, 800 mg each.

Use: up to 2 capsules per day washed down with warm water

Expiration date: 18 months from the production date

Storage: sealed in a dry and cool place, away from direct sunrays

The green Liuca seaweed, an ingredient of Haicao Gai capsules, resembles spirulina seaweed - an ingredient of the previously described Gaoqian tablets - which plays an important role in human nutrition. The effects of Liuca seaweed are similar. It contains numerous vitamins including beta-carotene, C, E, B and others, minerals such as magnesium, iodine, iron, selenium, zinc and others along with calcium.

Many different calcium preparations are available for sale - unfortunately, no easily absorbed calcium has yet been obtained. However, calcium from the seaweed - easily and nearly entirely absorbed by a human organism with no side effects - was extracted by the Fohow Corporation in China for the first time in worldwide practice by its high technologies.

The B group vitamins in this food supplement are obtained from vegetable oil, which aid calcium absorption in the intestine and its retention in bones. Calcium is always important and especially so in the face of osteoporosis, broken bones, heart disorders and other maladies. Foods that are rich in calcium are not sufficient. Calcium must be absorbed. Thus it must be transformed into an ionic form, which occurs in the stomach under the influence of salt acid. If salt acid production is reduced, calcium absorption is disturbed. Gradually the human organism suffers a deficit of calcium. At age 40, calcium reduction is typical in up to 50% of people, and at age 60 - up to 90%. Calcium reduction causes fatigue, early aging, reduced attention concentration, calf muscle spasms, heart and blood vessel system diseases and respiratory diseases. While aging the process of bone tissue restoration slows down, and this can cause bone disease - osteoporosis -resulting in reduced bone tissue. The reason for the disease is a slow down in the absorption of calcium, which can be hereditary or, for women, a lack of female hormones after menopause. Osteoporosis can develop due to a poor ecological situation, poor nutrition and an insufficient amount of calcium entering a human organism. Very often osteoporosis develops unnoticed until bones break even when suffering a light load or soft hit before it is identified. Osteoporosis is often called the "invisible epidemic". It is fourth in the list of fatal diseases following heart and blood vessel problems, cancer and diabetes. Age is an important factor in the development of this disease. Medical statistics show that 30% - 50% of all 50-year olds, mainly women, suffer from it and, after age 75, half of both men and women suffer from it. Now osteoporosis has been noted as a problem for young people as well.

Indications of calcium deficiency:

Aging processes

Lack of vitamins and minerals

Thyroid gland deficiency

Increased permeability of blood vessel walls, bleeding

Allergies, diathesis

Skin diseases like rashes, eczema and psoriasis

Osteoporosis, rachitis, arthritis

Tired leg syndrome and spasms
Climacteric and post-climacteric periods
Broken bones
Attention concentration disorders
Use of bubbling drinks

Calcium is also required by children and teenagers for the development of the support-movement system.

Gaoqian nutritional tablets (Fohow Gaoqian)

Gaoqian is a natural health care product providing supplementary nutrition. It is also recommended to people suffering from hyperlipemia, hypertonia, hyperglycemia and excessive weight. This excellent, high quality product cleanses the organism and restores it to a fit condition. The group of experts who developed this product works at Ju De, the Healthy nutrition products scientific research institute, which is a subsidiary of the Fohow Corporation. Cherish life and nutrition - this is the motto of traditional Chinese philosophy guiding the work of our professional employees.

Ingredients: konjak flour, chitosan, spirulina, food fibers from different fruits and vegetables

Package contents: 144 tablets, 0.7 grams each

Expiration date: 18 months from production date

The main ingredients and their effects are:

Konjak flour reduces fat, sugar and cholesterol in the blood, thereby eliminating toxicity and its consequences - this is the main preventive and curing effect of Konjak. It is used for treating malignant tumors and for suppressing the growth of pathogenic bacteria in the digestive tract. Overweight people and constipation sufferers enjoy the distinctly excellent effect of this food. Furthermore it is used for its preventive and supplementary curative effects in cases of tumorous diseases of the intestine, digestive tract and other organs. Konjak is exceptionally rich in unique nutrients. Research data shows that 100 grams of Konjak tuber contains up to 50 grams of Konjak glucomanan (KGM), glucose, fructose and cane sugar. Recent research has discovered that the KGM found in Konjak effectively reduces the amount of sugar in patients suffering from diabetes. In moist surroundings, the volume of Konjak swells by more than 30 times! Thus, when using tablets containing Konjak, a person feels full and does not want to eat for an extended time.

Chitosan is the only natural polysaccharide of an alkaline nature, which is important in physiological functions. Chitosan is a type of food fiber because it enters and remains in the human body practically unabsorbed. Thus it regulates the digestive tract and improves its functioning, regenerates gastric mucous membranes and thereby prevents such difficulties. Chitosan strengthens the immune system, suppresses cancer cell growth, lowers blood pressure and reduces the amount of sugar and lipid in the blood. Chitosan actively eliminates fats, toxins and heavy metals by combining with them before it is excreted through the intestine. It aids in preventing obesity and cardiovascular and brain blood vessel diseases.

Plant fiber is large molecule cellulose. Just like Chitosan, it occupies more space in the digestive tract, creates the feeling of being full, decreases appetite and thereby helps to lose weight. When consumed with meals, it stimulates intestine peristalsis and digestive juice secretion, making it a suitable means for preventing diabetes and constipation. It aids jell formation in the intestine from soluble cellulose, which slows sugar assimilation in the intestine and considerably reduces the amount of sugar in the blood. An abundant amount of fiber helps the micro flora of the large intestine to produce many vitamins and to excrete pathogenic toxins through the digestive tract.

Spirulina is a well-known, natural, green seaweed - a champion among ecologically pure products for its concentration of amino acids, vitamins and microelements. The organism assimilates 95% of this seaweed, since it does not have cells with strong molecular walls. Of all natural products, Spirulina contains the greatest amount of protein - actually 65%! WHO data confirm the protective effect of Spirulina on the human organism from almost two-thirds of all diseases.

Additionally this valuable seaweed contains a very rare element among vegetables - phytocianine - which stimulates the metabolism and strengthens the immune system.

The foods we eat are not nutritionally balanced. Cellular hunger is evermore intense, and obesity usually follows, when a person consumes foods with many calories but few nutritional elements. Seaweed, especially micro seaweed, is very important for our health because it provides our organism with valuable and vital elements. Plus it is a low-calorie product promising to eliminate the most serious health problems of our times.

Within the organism, fiber starts to soak up moisture, expands, swells and enlarges the volume of the intestine. This process helps to soften the excrement mass enabling its elimination more easily and quickly. At the same time, this process stimulates intestinal peristalsis and reduces stasis. Thus the chances of the intestine to absorb toxins are reduced. Further Chitosan attaches to toxins and heavy metals thusly permitting their excretion from the organism while leaving the intestine moist. The treatment of constipation and hemorrhoids is greatly enhanced.

Food has become more refined recently, as living standards have generally improved. Our meals tend to contain less nutritious fibers. High-calorie foods with many proteins, fats and carbohydrates lead to obesity, diabetes, heart dysfunctions, hypertonia and other diseases in a great many people. Scientists have noted such facts and developed Gaoqian nutritional tablets. They assist in providing the organism with sufficient nutrition and excreting numerous harmful substances, toxins and fat surpluses.

“Regeneration” and “Cleansing” - the two functions one product provides!

Recommended duration of use:

For weight loss, use up to 8 tablets, twice a day, half an hour before a meal, washed down with no less than one glass of warm water.

As a preventive measure, take a tablet half an hour before a meal (e.g., before eating fatty food), up to 4 tablets, twice a day.

Note: Smaller doses can be used in the beginning of a treatment, because a positive result is often achieved when using smaller amounts of this product.

Length of use: no less than 2 weeks, however, when necessary, the treatment course can be considerably extended.

Products - ELIXIRS

Phoenix - Imperial Cordyceps - a drinkable elixir

Phoenix is the pride of traditional Chinese medicine technologies - a biological immune system regulator - distinguished for its strong, positive impact on the human body. It is widely used as an effective preventive measure, as well as a means of health care in cases of oncological, heart and blood vessel and other chronic diseases.

Chinese cordyceps (*Cordyceps sinensis*), which grow in the Qinghai-Tibet mountain range of China, are used to produce the Phoenix drinkable, food supplement elixir. Phoenix also contains other highly valuable mushrooms, such as Linchzhi (*Ganoderma lucidum*) and the Aromatic (*Lentinus edodes*), along with other ingredients.

The most advanced methods of cell splitting and extraction are used to produce both the Phoenix and the Sanbao elixirs. These include multi-functional low-temperature extraction, above critical extraction, effective multi-component purification, effective colonial chromatography and vacuum concentration. Molecular projection theory is the basis for making this product. Thus achievements such as optimal solubility of different biologically active components, a selection of chemical linkage energies, an interaction of molecular space structures and improved product assimilation were possible.

Main ingredients: 75% Chinese cordyceps, 6% Linchzhi and 6% Aromatic mushrooms, 5% young bamboo shoots and 2% honey

Package contents: 4 bottles, 30 ml each

Expiration date: 18 months from production date

Storage: a dark and dry place and, once a bottle is opened, in a dark and cool place

Use of both the Phoenix and Sanbao drinkable elixirs:

Best time of use is after waking up in the morning, from 6 to 9 am. Prior to drinking the elixir, rinse your mouth, brush your teeth and tongue and drink half a glass of warm water. Then drink the required amount of the elixir with the enclosed straw or, when a more accurate dose is required, with the graduated syringe. Once a bottle is opened, it should be stored in a dark and cool place. You can eat breakfast in about a half an hour. When more than one cordyceps preparation is used, an additional dose can be used before lunch and dinner.

Preventive use:

For adults, use is 3.0 to 5.0 ml per day, for 1 to 2 months - seasonal use is advisable in spring and autumn and prior to outbreaks of viral infections such as the flu.

For children, smaller doses are prescribed depending on their age.

Different disorder indications and recommended duration of use:

For heart and blood vessel system diseases (atherosclerosis, cardiosclerosis, angina pectoris, ischemic heart disease, myocardium infarct and its post condition, blood vessel thrombosis, thrombophlebitis, irregular heartbeat, hypertonia and others), use for 2 to 3 months.

For digestive tract disorders (gastritis, ulcers, chronic pancreatitis, enterocolitis, colitis, disbacteriosis and others), use for 1 to 3 months.

For liver diseases (hepatitis, cirrhosis and bile cyst stone, use for 1 to 3 months.

For endocrine system diseases (thyrotoxicosis, diabetes and others), use for 2 to 3 months. For pre-cancer dysfunctions (first treatment stage), use 1 pack of 4 bottles.

For malignant tumors (first treatment stage), use 1 pack of 4 bottles.

For haematology diseases (first treatment stage), use 1 pack of 4 bottles.

For acute virus diseases (adenovirus, flu), use for 5 to 10 days.

For other viral diseases (herpes, hepatitis and others), use for 15 days to 2 months. For purulent angina, rinse the mouth and drink, for 2 to 3 weeks.

For eye diseases (cataract, glaucoma), drip drops into the eyes, twice per day, for up to 2 months. For nervous system exhaustion (insomnia, touchiness, neurosis, apathy and chronic tiredness), use for 1 to 2 months.

For overall exhaustion, use for 2 to 3 months.

For limb diseases (arthritis, arthrosis and others), use for 1 to 2 months (different cordyceps products are used for the long-term).

For allergies, use for 3 to 4 months.

For autoimmune diseases, use for 3 to 4 months.

For blood diseases (first treatment stage), use 1 pack.

For other diseases, the treatment duration is prescribed individually.

For cataract and glaucoma cases, Phoenix elixir should be dripped in the eyes, 1 to 2 times per day.

If there is a burning sensation, dilute the elixir with distilled water in a 1:1 proportion and continue dripping into the eyes. Honey does not usually cause allergies, but if it does for any reason, stop dripping the elixir into the eyes. The treatment duration lasts for up to 2 months.

For purulent angina cases, rinse the throat for 3 to 5 minutes with 3-5 ml Phoenix elixir, 2 to 3 times per day.

For sudden fevers with different virus and bacterial infections, large one-time doses are recommended - about 1/3 of a bottle for adults and, if the effect is insufficient, more may be taken. Disease symptoms either disappear or weaken, and fever subsides from 20-30 minutes to 2-3 hours.

Sanbao - Three Treasures - a drinkable elixir (Fohow Sanbao Drinkable Elixir)

This biological immuno-regulator is considered a most important product in China. The Fohow Corporation scientific research institute developed it as an elixir to drink, the same as the Phoenix elixir. Sanbao, however, has a much better effect in cases of hepatitis B and C, rheumatoid polyarthritis and diabetes.

Sanbao elixir is made the same as Phoenix elixir only it adds an entirely new substance - an extract of Mountain ant and *Polyrhachis vicina* (Pv Roger). Each bottle contains some 300-307 grains of ant extract. Production involves inactivating ants by freezing and splitting the cell membranes of ants using sub-nanometric technologies along with crio-extraction, which enables retention of up to 98% of the valuable initial substance - Mountain ants.

Sanbao is a biologically active food supplement in liquid form, which is similar in content to Phoenix elixir excepting that it contains as much as an up to 80% concentration of cordyceps mushrooms. Sanbao, unlike Phoenix, effects better expectoration, reduces bronchial obstructions, improves blood circulation in the respiratory system and lower pelvis organs, normalizes urogenital system functions and regulates the amount of cholesterol in the blood.

Main ingredients: 80% Chinese cordyceps, 8% Linchzhi mushrooms, Mountain ant extract, Shiitake mushrooms and Himalaya honey

Package contents: 4 bottles, 30 ml each

Expiration date: 18 months from production date

Storage: in a dark and dry place and, once a bottle is opened, in a dark and cool place

Preventive use: Sanbao is prescribed in the same doses and treatment courses as the Phoenix elixir is. Children are usually prescribed Phoenix as a preventive measure.

Different disorder indications and recommended duration of use:

For rheumatoid polyarthritis and other joint diseases, use for several months For hepatitis B and C, use for several months

For diabetes type 2 and for preventing type 1 diabetes complications, use for several months.

For respiratory organ diseases, such as bronchitis, especially chronic pneumonia, lung emphysema and bronchial asthma, use for several weeks up to several months, and longer for lung tuberculosis cases.

For rhinitis, sinusitis and otitis, drip a few drops into the ear or nose, twice a day, until the symptoms disappear.

For urogenital diseases, use from several weeks to several months:

- for male cases of prostate hypertrophy and adenoma, reduced potency, spermatorrhea and premature ejaculation, use from several weeks to several months

- for female cases of nycturia, menstruation cycle disorders, pelvic pain, use for several months.

For pre-cancer conditions and malignant tumors, especially during chemo- and radio-therapy, follow a 1 to 2-pack course of treatment using the Phoenix drinkable elixir.

For lipids, cholesterol and tryglyceride increases in the blood, use for no less than 2 months or until the laboratory analysis result is normal.

For many other chronic diseases, the Phoenix drinkable elixir may be used as well, from 2 weeks up to several months.

Adult doses: The minimal curative dose of the Phoenix and Sanbao elixirs is 5 ml per day. If necessary, the dose can be increased up to 2 bottles (or 60 ml) per day and then it is usually taken twice per day, in the morning and in the evening. Take notice that the dose must be increased

gradually to avoid a possible downturn in the situation, especially when traditional medication is used.

Remarks:

For adults who suffer from respiratory diseases and bronchial obstructions, the dose is increased by 1 ml or 2 ml every day, until a clinical effect is achieved, that is, suffocation is reduced and expectoration is increased. Prescribed doses are used up to two months.

For teenagers, the Sanbao elixir is especially carefully prescribed because it stimulates blood circulation in the urinary tract and the reproductive system.

For cancer and haematological disease cases, the recommended use is to drink the forms of cordyceps liquids one after the other, in turns or to drink the Phoenix and Sanbao elixirs simultaneously. For endocrinal and urogenital system cases and brain cancers, doses of Linchzhi capsules may be added.

Sanqing drinkable elixir

Package contents: 4 bottles, 30 ml each

Use: up to two bottles per day, usually for 10 days, is considered one treatment, which can be repeated. For a more intense effect, a 3-day break of non-use is recommended between treatment courses. For complete cleansing, use for no less than 15 days.

Expiration date: 18 months from production date

Storage: in a dark and cool place

Sanqing elixir has three major effects: it cleanses the intestine, cleanses toxins from the organism and cleanses the excess lipids from the blood. This product is recommended for people suffering from constipation and hyperlipemia, digestive tract inflammation, acne and pigmental marks. Complete cleansing of the organism and elimination of toxins is guaranteed in the cases when this drinkable elixir is used in combination with Meigui fruit paste.

Ten ingredients of traditional Chinese medicine are included in this elixir including the Hericium (Hericium erinaceus) mushroom, also known as the Lion's mane, which is an immune system regulator, aloe gel, oligosaccharids and other auxiliary, aiding materials such as chrysanthemum flowers and others. This elixir is a natural regenerating and curative food supplement product for healthcare. High-level technologies make it possible to retain all the active ingredients, so they can be easily absorbed by the organism. Sanqing is produced with the help of technologies for the cryoextraction of natural plant membranes, nanotechnologies for breaking them down and condensing further substances.

Main ingredients:

Aloe gel contains the aloe succulent plant with its over 160 active components, including aletin, which strengthens the organism in fighting off viruses, and aloemycinus, which affects cancer cells. Aloe stimulates the organism and slows the aging processes. Additionally aloe aids constipation and haemorrhoids, heals wounds, treats heart and blood vessel diseases and has other beneficial effects.

Oligosaccharids are high quality, water-soluble nutritious fibers, which improve the work of the digestive tract and have noticeable healing effects. It works as a laxative to prevent constipation, reduces the amount of lipids in the blood, strengthens immunity and has other beneficial effects.

Effects of use:

In 2 to 3 hours after the first time the elixir is used, stagnant excrement begins to decay in the intestine. Flatulence, or release of gasses, follows.

In 2 to 3 days after use, the stagnant excrement begins to separate from the walls of the intestine walls. There is a need to defecate, and the excrement is liquid, very foul smelling and dark.

In 4 to 10 days after use, there are fewer inflammation processes in the stomach and intestine, the unpleasant smell from the mouth disappears, constipation or diarrhea gradually disappears and the excrement is in a normal color and shape.

After 2 to 3 courses of such treatment, the work of the digestive tract noticeably normalizes, and defecation eases and becomes regular. Gradually the skin roughness that had appeared due to constipation and the accumulation of toxins in the organism disappears, and the complexion becomes a normal pink. Bad breath disappears. Gradually skin blemishes, acne and rashes also disappear, because their causes have been eliminated.

The Sanqing drinking elixir is the most effective, natural means to cleanse the organism, which has been developed in China.

Products - FRUIT PASTE

Meigui fruit paste (Fohow Meigui)

Ingredients: rose blossom extract, oligosaccharides, stachiosis and others, however, contains no sugar

Package contents: 120g per tube

Expiration date: 18 months from the production date

Storage: in a dry and cool place

Fohow Corporation performed the research that led to the production of Meigui fruit paste (originally named rose oligosaccharides). Oligosaccharides are insoluble organic compounds, classified as carbohydrates (saccharides), which are also called prebiotics. The stomach does not digest them, and certain intestinal bacteria (such as *Escherichia coli*) do not dissolve them.

Oligosaccharides play an important role in the human intestine by providing favorable conditions for intestinal micro flora to develop, feeding the beneficial probiotic bacteria and stimulating their growth. Recent research proved that oligosaccharides are able to directly remove dangerous bacteria and viruses from the organism. Oligosaccharide molecules attach to the membrane proteins of microbes in the intestine and hold the microbes to prevent their absorption into the walls of the intestine. This way dangerous viruses and bacteria are eliminated from the intestine along with the oligosaccharides. Further oligosaccharides can attach malignant *E. coli enterotoxica* bacteria, which stick to the intestine walls and cause diarrhea, and remove them from the organism. Oligosaccharides are found in artichokes, chicory, leeks, onions, asparagus and burdock leaves. They are also present in breast milk.

The concept of probiotics may have only appeared ten years ago, but clinical trials have proven their significance to health. Probiotics are mainly oligosaccharides that provide conditions for probiotic intestinal bacteria to develop. A sufficient amount of prebiotics feeds probiotic bacteria so they may multiply. In effect oligosaccharides balance the intestinal micro flora, which subsequently ensures intestinal health. A sufficient amount of oligosaccharides in the organism strengthens the immune system, improves metabolism and removes toxins from the digestive tract much faster - most important following treatment with antibiotics to regulate the mineral balance.

Oligosaccharides are the new sugars influencing healthcare, which are pleasant tasting and show obvious effects for good health. It may be regularly used as a sugar substitute. Best - it is affordable. The elderly and children find it to be an indispensable healthcare product.

Bifid bacteria are the most typical in beneficial human micro flora, performing micro-biological regulation. They stimulate food absorption in the intestine, strengthen immunity, prevent illnesses, slow pathogenic micro-flora growth and decay bacteria in the intestine amongst other functions.



Phoenix FOHOW Technology Investment Group Co., Ltd.
245, Long Xia Road, Dou men District, Zhuhai City, Guangdong Province, China

We are the distributors of the Fohow company.

Contact us:

Natural Healthcare Products
Vilnius Distribution Center
LITHUANIA

E-MAIL:
info@natural-healthcare-products.eu

WEBSITE:
<http://www.natural-healthcare-products.eu>