

# My Alai™ Multisystem Support

## HIGHLIGHTS

My Alai™ Multisystem Support is a powdered nutraceutical formulation with comprehensive nutritional support for general health and well-being. It contains a blend of vitamins, minerals, antioxidants, herbs and nutrient compounds that support health at its foundations to improve the quality of your skin and hair and the health of your body and mind.

- ✓ Supports healthy gastrointestinal and immune system function
- ✓ Supports cognitive function and brain health
- ✓ Helps maintain healthy blood sugar and lipids
- ✓ Supports body metabolism, energy production & thermogenesis
- ✓ Reduces inflammation and free radical damage
- ✓ Assists natural cleansing with Western Herbal Medicine
- ✓ Supports detoxification processes
- ✓ Promotes hair thickness and reduces hair loss
- ✓ Promotes collagen formation and supports skin health
- ✓ Enhances memory and helps the body adapt to stress with Traditional Chinese Medicine.
- ✓ And supports eye health and vision, cardiovascular function, reproductive health, bone growth and muscle performance.



Natural vanilla, raspberry and lime flavour.



Manufactured according to Good Manufacturing Practices



Manufactured in Australia



TGA - Listed AUST L: 408964



### EFFICACY

My Alai™ Multisystem Support is a complementary medicine which differentiates it from a functional food supplement. It contains the highest concentration of actives per gram possible at doses that serve a therapeutic role in the body.



### INTEGRITY

Bio-Alai® is committed to developing unique products of the highest efficacy, purity and quality. All ingredients have been sourced to the highest purity available and we have excluded ingredients that do not meet our high standards. There are no pro-inflammatory protein powders or bulking agents.



### QUALITY

My Alai™ Multisystem Support is a TGA-listed product manufactured in Australia according to Good Manufacturing Standards. It has undergone stringent quality control testing for toxins and contaminants during and after the manufacturing process to ensure the highest quality and safety.



### PURITY

My Alai™ Multisystem Support is safe for individuals with common dietary restrictions and sensitivities. It is vegan and free from wheat, gluten, lactose, egg, sesame, peanuts, nuts, yeast, soy, bee pollen, fish, shellfish, animal products, artificial colours, sweeteners and flavours.



Developed and Manufactured in Australia.

## GENERAL

### CONVENIENT ONCE-A-DAY DOSING

**Content:** 560g powdered formulation








**Dose:** 20g a day

**DIRECTIONS:** The daily maximum oral dose is 20g which is equivalent to 2 scoops taken orally. Mix with 250mls of water or juice and drink within two hours. For oral use only.

**Free from** artificial flavours, colours, and sweeteners, gluten, lactose and milk products, egg, peanuts, tree nuts, sesame seeds, soya bean products, pollen, yeast, fish products, crustacea, and other animal products. Contains naturally-occurring sugars and sulfites, and 3.45mg of potassium per 1g.

Bio-Alai

# KEY ACTIVES AND THEIR THERAPEUTIC BENEFITS

KEY ACTIVES							
	Gut	Immune	Antioxidant	Vitality	Metabolism	Brain	Skin
<b>QUERCETIN</b>	●	●	●			●	●
Quercetin is a flavonoid that gives vegetables and fruits their bright colour. It has anti-inflammatory, antioxidant, and antihistamine activity. Quercetin inhibits activation of the inflammasome and cytokine release from dendritic cells and macrophages (anti-inflammatory activity). It reduces oxidative stress (antioxidant) and helps stabilise mast cells (antihistamine activity). <sup>1,2</sup>							
<b>FUCOIDAN</b>	●	●	●			●	●
Fucoidan is a polysaccharide derived from brown algae. It is used in Traditional Chinese Medicine to relieve inflammation and enhance immune system function to fight illness. <sup>3,4</sup>							
<b>ASTAXANTHIN</b>	●	●	●			●	●
Astaxanthin is a carotenoid found in green algae. It is a potent antioxidant and has photoprotective activity within the skin, reducing redness and swelling caused by UV-damage. Astaxanthin also increases collagen formation therefore improving skin elasticity, strength and firmness. It has neuroprotective activity and supports eye function and vision, and macula and retina health. <sup>5,6,7</sup>							
<b>GRAPE SEED</b> Vitis Vinifera	●	●	●			●	●
Grape seed is high in flavanols, proanthocyanins, unsaturated fatty acids and mixed tocopherols – all of which exhibit antioxidant and anti-inflammatory activity. Grape seed is used in Traditional Chinese Medicine to relieve inflammation, enhance immunity and support the immune system to fight illness. It also helps support cardiovascular system health. <sup>8,9,10,11</sup>							
<b>GREEN TEA EXTRACT</b> Camellia Sinensis	●	●	●		●		
Green tea contains bioactive molecules such as tannins, phenolic acids, caffeine, theanine flavones and the flavonoid epigallocatechin-3-gallate (EGCG). Green tea extract has antioxidant activity and reduces free radicals in the body. It is traditionally used in Ayurvedic Medicine as an antiinflammation and to support body metabolism, energy production and thermogenesis. <sup>12,13,14,15</sup>							
<b>REISHI MUSHROOM</b> Ganoderma lucidum	●	●	●				
Reishi contains a variety of bioactive molecules such as terpenoids, nucleotides, glycoproteins, and polysaccharides that influence physiology through modulation of the innate and adaptive immune system. It is used in tradition Chinese Medicine to relieve inflammation and strengthen qi. <sup>16,17</sup>							
<b>CURCUMIN</b>	●	●	●			●	●
Curcumin is the active therapeutic component of turmeric. Hydrocure® is the only soluble form of curcumin and has been scientifically proven to have superior bioavailability. Curcumin upregulates detoxification enzymes and acts as an antioxidant to reduce free radicals formed in the body. It also helps relieve inflammation and symptoms of mild osteoarthritis. <sup>18,19</sup>							
<b>PANAX GINSENG</b>	●	●	●			●	●
Panax ginseng contains over 40 ginsenosides, its major bioactive component. Panax ginseng has neuroprotective and anti-inflammatory benefits within the brain and is used in traditional Chinese Medicine to support learning, reduce mental fatigue and improve memory and cognitive performance. It is also an adaptogen and helps the body adapt to stress. <sup>18,19,20,21</sup>							
<b>GLOBE ARTICHOKE</b> Cynara scolymus	●	●	●	●		●	●
Globe artichoke contains bioactive compounds with anti-inflammatory and liver-protective properties such as cynarin, flavonoids, anthocyanin and caffeoylquinic derivatives. It is used in traditional Western herbal medicine to relieve mild inflammation of the gastrointestinal tract and promote liver function. It also supports detoxification and the natural cleansing of the gastrointestinal tract. <sup>22,23,24</sup>							
<b>LIQUORICE ROOT</b> Glycyrrhiza Glabra	●	●	●	●			
Liquorice root is high in glycyrrhizin, a potent anti-inflammatory, antibacterial, and antiviral compound. It is used in traditional Western herbal medicine to enhance immunity and help fight illness. Liquorice root also helps support cardiovascular system function. <sup>25,26,27</sup>							
<b>INULIN, PECTIN &amp; FOS</b> (Fructooligosaccharides)	●	●	●	●	●	●	●
Inulin, pectin and FOS are prebiotics that help restore healthy gut flora and support healthy digestive system function. They also increase bowel movements by increasing stool bulk. As the gut is central to health, prebiotics enhance vitality and support general health and wellbeing. <sup>28,29,30</sup>							

KEY ACTIVES



Gut



Immune



Antioxidant



Vitality



Metabolism



Brain



Skin

ALPHA-LIPOIC ACID

Alpha-lipoic acid is a compound nutrient in the mitochondrial chain and acts as an antioxidant to reduce free radicals formed in the body. It plays a key role in neurotransmission and therefore supports the function of the nervous system.<sup>31,32</sup>

NICOTINAMIDE

Nicotinamide (vitamin B3) has gained popularity because it is the only approved and direct precursor for nicotinamide adenine dinucleotide, NAD. Nicotinamide is essential for energy product and neurotransmission and helps support the function of the nervous and cardiovascular systems. <sup>33,34</sup>

SILICA

Silica is a vital trace mineral that has long been used as to support the health of skin, hair and nails. It helps enhance skin elasticity, strength, and firmness and reduces hair thinning. Silica has also been found to promote hair strength and thickness as well as assist the growth of nails. <sup>35,36</sup>

BIOTIN

Biotin is an essential nutrient that has been found to reduce hair thinning and promote hair strength and thickness. It also supports the growth and strength of nails. <sup>37, 38, 39</sup>

VITAMIN C

Vitamin C stimulates a healthy immune response by regulating the activity of T cells, B lymphocytes and mast cells. It also acts as an antioxidant to reduce free radicals in the body and is an essential cofactor for collagen production, therefore improving skin elasticity, strength and firmness. <sup>40,41</sup>

CHOLINE

Choline is a nutrient compound that forms part of the cell wall and is involved in communication between neurons. It therefore helps enhance neurotransmission, support cognitive function and brain health. It also assists digestion of fats and maintains healthy blood lipids. <sup>42, 43</sup>

INOSITOL

Inositol is a carbohydrate compound found in the body that regulates the insulin response. It therefore helps support energy production, carbohydrate metabolism and a healthy blood sugar level. <sup>44,45</sup>

CHROMIUM

Chromium is an essential trace mineral that assists carbohydrate metabolism and helps support healthy blood sugar levels. It is associated with enhanced vitality and general health and wellbeing. <sup>46,47,48</sup>

ZINC

Zinc is an essential mineral that enhances vitality through its support of many cell functions. It is an antioxidant that reduces free radicals and enhance immune system. It also supports the health of the skin and reproductive system. <sup>49,50,51,52</sup>

MAGNESIUM

Magnesium is an essential micronutrient that plays many key roles in the body. It helps support carbohydrate metabolism and energy production, enhance muscle performance and relaxation, and promote a healthy nervous system and bone growth. <sup>53, 54</sup>

IRON

Iron is a mineral and essential component of hemoglobin in red blood cells. It helps healthy red blood cell production. It also aids energy production, carbohydrate metabolism and healthy blood sugar. <sup>55,56</sup>

VITAMINS B1, B2, B3, B5, B6 and B12

B-group vitamins are essential for many biochemical reactions and therefore serve vital roles in the body. They support mitochondrial function and energy production and are essential for the synthesis of neurotransmitters that support brain health. They also help regulate blood sugar levels and reduce inflammation in the body. See next page for key indications of individual B-vitamins. <sup>57-68</sup>

**MORE NUTRIENTS IN INGREDIENTS PANEL NEXT PAGE**

## ACTIVE INGREDIENTS

Each daily 20-g dose contains:

Nutrients		Vitamins	
Curcumin	450 mg	Ascorbic Acid (Vitamin C)	30mg
From HydroCurc 500mg		Biotin (Vitamin H)	2.5mg
Piper nigrum fruit ext. dry conc. Stand	2.11mg	Nicotinamide (Vitamin B3)	100mg
Equiv. min. dry fruit 35.8mg		Thiamine Hydrochloride	1.35mg
Equiv. Piperine 2mg		Equiv. to thiamine (Vitamin B1) 1.2mg	
Pectin	1g	Riboflavin (Vitamin B2)	1.3mg
Inulin	1.9 g	Calcium Pantothenate	4.37mg
Equiv. to Fibre 1.71g		Equiv. to pantothenic acid (Vitamin B5) 4mg	
Equiv. to sucrose 152mg		Equiv. to calcium 366.4micrograms	
Equiv. to Fructose 38mg		Pyridoxine Hydrochloride	13.98mg
Equiv. to glucose monohydrate 38mg		Equiv. Pyridoxine (Vitamin B6) 11.5 mg	
Fructooligosaccharides	2g	Mecobalamin (Vitamin B12)	2.3 micrograms
Glycyrrhiza glabra root & stolon ext. dry conc. Stand	1g	Levomefolate Glucosamine	721.4 micrograms
Equiv. min. dry root & stolon 4g		Equiv. Levomefolic acid 400 micrograms	
Equiv. to Glycyrrhizinic acid 200mg			
Astaxanthin Powder-Astaxanthin Esters extracted from			
Haematococcus Pluvialis	100 mg		
Equiv. to Astaxanthin 2mg			
Fucus vesiculosus whole plant ext. dry conc	50mg		
Equiv. dry whole plant 1g			
Ganoderma lucidum fruiting body ext dry conc	100mg		
Equiv. dry fruiting body 2g			
Vitis vinifera seed ext. dry conc Stand.	421mg		
Equiv. min. dry seed 50.52g			
Equiv. to procyanidins 400mg			
Quercetin Dihydrate	500 mg		
Camellia sinensis leaf ext. dry conc Stand	830 mg		
Equiv. to min. dry leaf 24.9g			
Equiv. to Catechins 689mg			
Equiv. to Epigallocatechin-3-O-gallate 415mg			
Cynara scolymus leaf ext. dry conc.	30 mg		
Equiv. dry leaf dry 3g			
Panax ginseng root ext dry conc Stand.	300 mg		
Equiv. min. dry root 3g			
Equiv. Ginsenosides calculated as Ginsenosides			
Rg1, Re, Rf, Rb2, Rb1,Rc, Rd, 75mg			
Alpha Lipoic Acid (R, S alpha lipoic acid)	200 mg		
Choline Bitartrate	500 mg		
Equiv. to Choline 205.6mg			
Inositol	225 mg		

### Trace Minerals

Selenomethionine	372.6 micrograms
Equiv. to Selenium 150 micrograms	
Colloidal Anhydrous Silica	107mg
Zinc Oxide	18.67mg
Equiv. to Zinc 15mg	
Chromium Picolinate	402.2 micrograms
Equiv. to Chromium 50 micrograms	
Sodium Molybdate Dihydrate	107 micrograms
Equiv. to Molybdenum 40 micrograms	
Manganese Gluconate	16.26mg
Equiv. to Manganese 1.85mg	
Copper Gluconate	1.43mg
Equiv. to Copper 200 micrograms	
Ferrous Fumarate	25.6mg
Equiv. to Iron 8mg	
Magnesium Citrate	928.2mg
Equiv. to Magnesium 150mg	
Potassium Iodine	131 micrograms
Equiv. to Iodine 100 micrograms	
Equiv. to Potassium 30.8 micrograms	

## KEY APPROVED INDICATIONS

- **Inulin and oligofructose** promote the growth of healthy gut bacteria, increase bowel movements, and support gastrointestinal health.
- **Astaxanthin, curcumin, alpha-lipoic acid, quercetin, selenium, zinc, green tea, panax ginseng, manganese, vitamin C and vitamin B6** are antioxidants that help to reduce free radical damage.
- **Fucoidan, Vitus Vinifera (Grape seed) and Ganoderma lucidum (Reishi mushroom)** are used in Traditional Chinese Medicine as anti-inflammatory to relieve inflammation.
- **Fucoidan and Vitus Vinifera (Grape seed)** are used in Traditional Chinese Medicine to enhance immune function.
- **Glycyrrhiza Glabra (licorice)** is traditionally used in Western Herbal Medicine to enhance immune system function.
- **Curcumin** helps relieve inflammation, promote joint health, and relieve symptoms of mild arthritis.
- **Quercetin** helps relieve inflammation, duration of common colds and symptoms of mild allergies and hay fever.
- **Biotin and silica** reduce hair loss and promote hair thickness as well as promoting healthy nails.
- **Astaxanthin and vitamin C** promote collagen formation and improve skin elasticity, strength, and firmness.
- **Cynara Scolymus (Globe Artichoke)** is traditionally used in Western Herbal Medicine to support detoxification processes and healthy liver function and reduce mild gastrointestinal inflammation
- **Zinc and vitamin B6** help fight infections.
- **Vitamin C** promotes immune defence.
- **Astaxanthin and vitamin C** promote collagen formation and improve skin elasticity, strength, and firmness.
- **Chromium, manganese, vitamins B1 and B12 and inositol** assist with glucose metabolism and support healthy blood glucose levels.
- **Choline** assists digestion of fats and helps in the maintenance of healthy blood lipids.
- **Vitamins B1, B2, B3, B5, B6, B12 and inositol** support energy production.
- **Vitamin C and magnesium** support energy production.
- **Alpha-lipoic acid, panax ginseng, manganese, choline, and vitamins B1, B2, B3, B6 and B12** support nervous system function.
- **Choline** supports cognitive function and brain health.
- **Zinc and manganese** promotes reproductive health.
- **Magnesium** relieves muscle cramps and helps improve muscle relaxation and endurance.
- **Camellia Sinensis (Green tea)** used in traditional Ayurvedic Medicine to improve body metabolism and promote energy production and thermogenesis.
- **Panax ginseng** is used in Traditional Chinese Medicine to enhance cognitive performance and memory, decrease mental fatigue, and help the body adapt to stress.

### WARNINGS:

- o Do not use if planning to become pregnant.
- o Do not use during pregnancy and breastfeeding.
- o Not recommended in children under 2 years.
- o Always read the label and follow the directions for use.
- o If you have any pre-existing conditions or are on any medications, speak to your doctor before use or a Traditional Chinese Medicine practitioner if you are uncertain if this medication is right for you.
- o Some products should be ceased at least two weeks before any elective surgery, please confirm with your health professional.
- o If symptoms persist, seek medical advice.
- o Do not use if cap seal is broken.
- o Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible [contains vitamin B6].
- o This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.
- o Contains zinc which may be dangerous if taken in large amounts for a long period of time.
- o Not for treatment of iron deficiency conditions.
- o Drink plenty of water.
- o Supplements are only of benefit if dietary intake is inadequate.
- o Keep out of reach of children.

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