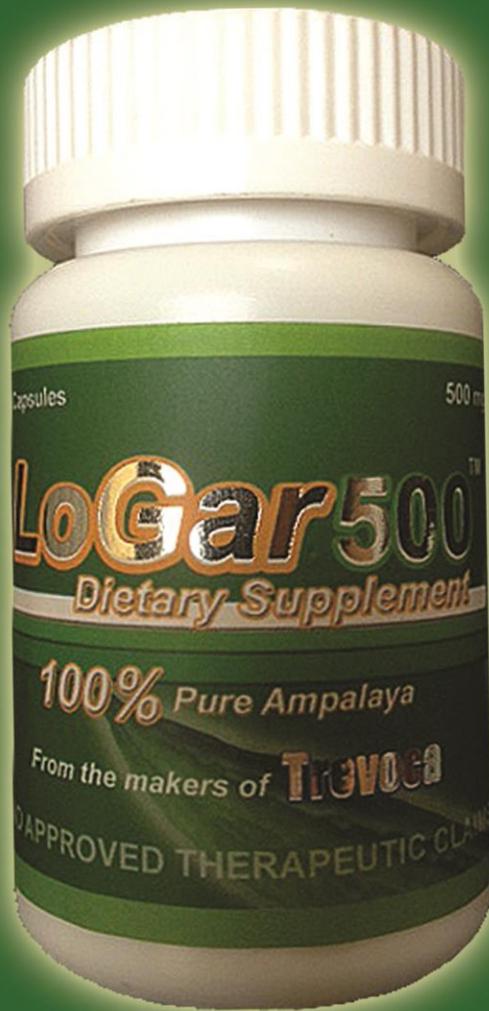


Simply no substitute for

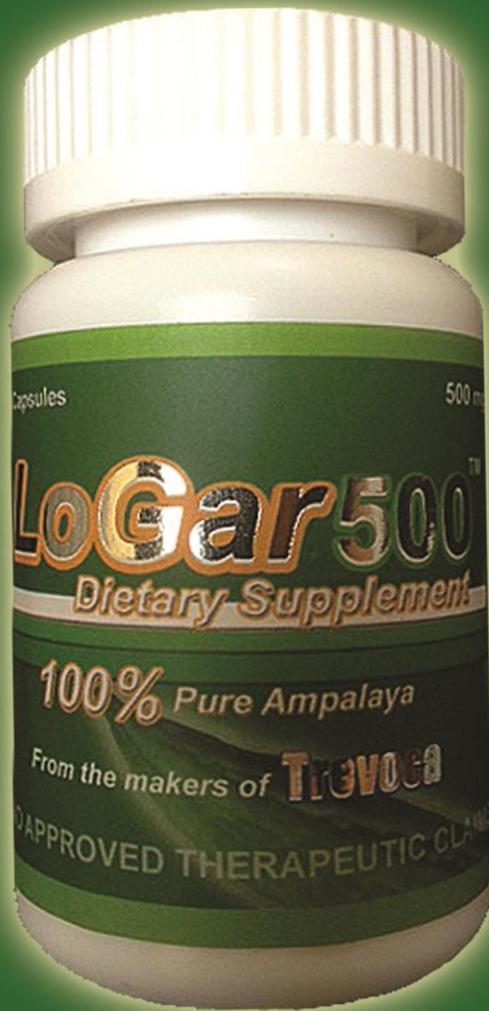
LoGar500TM

**100% Pure Ampalaya
Dietary Supplement**





- **Boosts the Immune System**
- **Lowers Cholesterol & Blood Sugar levels**
- **Promotes Good Digestion**
- **Protects the body from diseases & infections; may help reduce the risk of cancer**
- **Excellent source of vitamins, minerals, and antioxidants for excellent health**

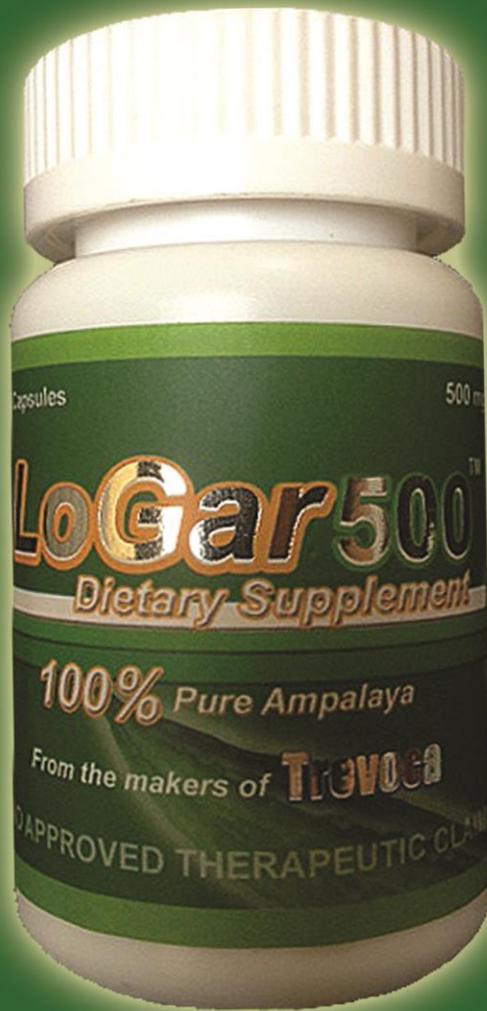


DOH ENDORSEMENT

Ampalaya (*Mormodica charantia*) is a medicinal plant that has been recognized by the DOH

Ampalaya for diabetics: Beginning evidence; Library Health News, Willie T. Ong, MD, Nov 20, 2007

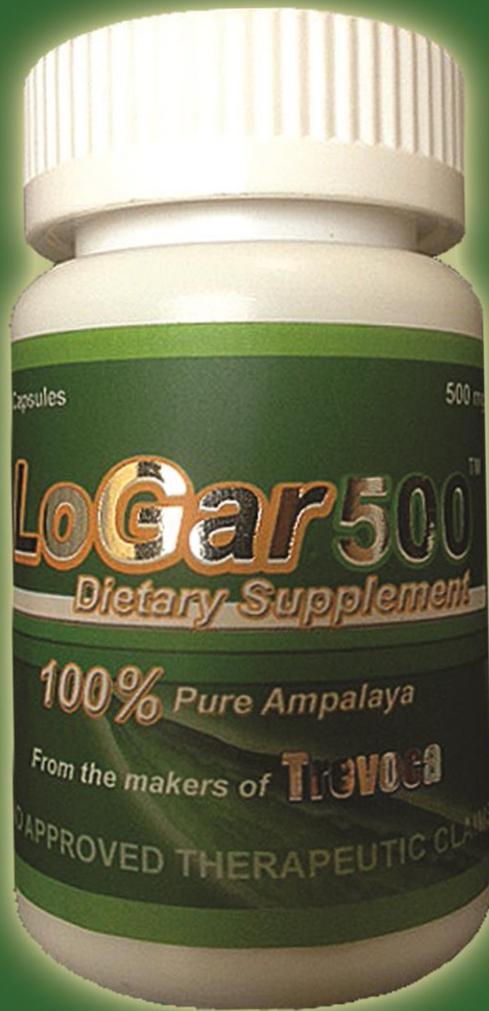
BLOOD SUGAR LOWERING EFFECT



Mechanism of action is the increased utilization of glucose by the liver. The plant insulin in ampalaya was identified as polypeptide-p, which influences the regeneration of pancreatic beta cells, which secrete insulin.

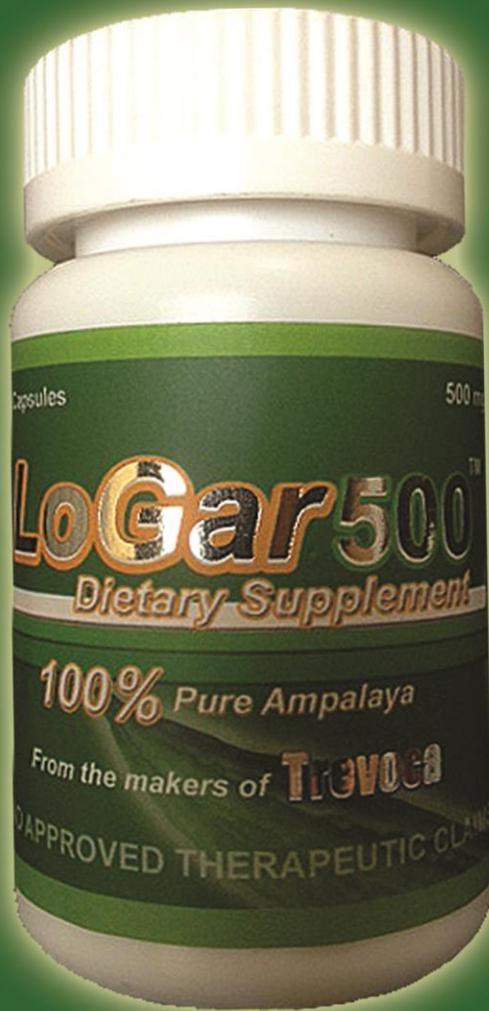
Ampalaya for diabetics: Beginning evidence; Library Health News, Willie T. Ong, MD, Nov 20, 2007

BLOOD SUGAR LOWERING EFFECT



The blood sugar lowering property of ampalaya is attributed to its content of momorcidin, a substance that is sometimes called plant insulin. This is also the substance that is responsible for the bitter taste of the plant's leaves and fruits.

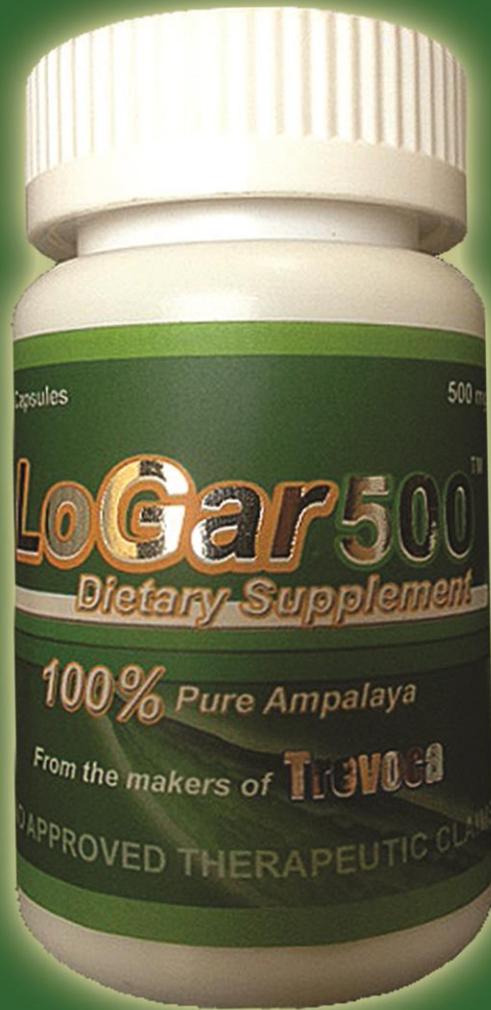
Amazing Ampalaya, Library Health News, Eduardo Gonzales MD, May 16, 2012



BLOOD SUGAR LOWERING EFFECT

Proven to be effective in lowering the blood sugar of people with non – insulin dependent or type 2 diabetes, the type of diabetes that afflicts 90 – 95% of all diabetics.

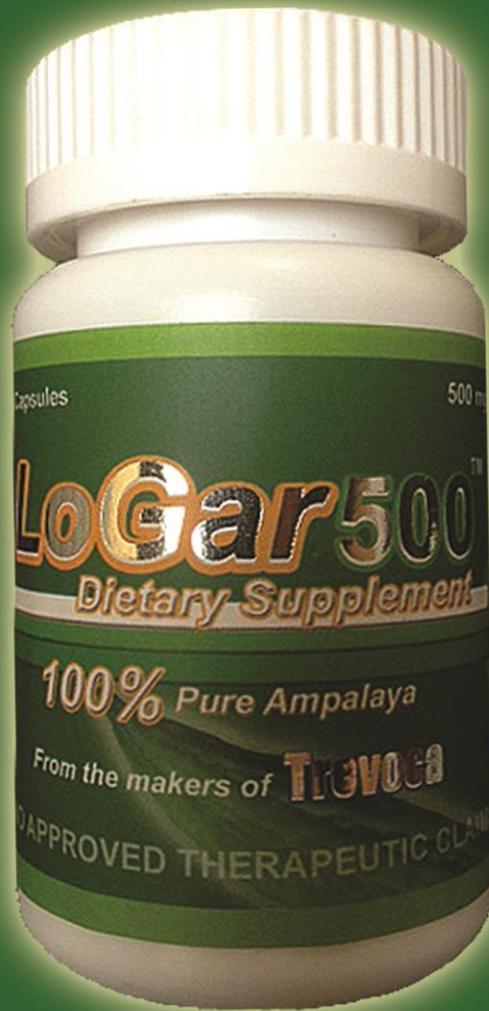
BLOOD SUGAR LOWERING EFFECT



The most compelling scientific studies on the effect of ampalaya on blood glucose levels is a 10 – year trial, which was conducted by the Philippine Council for Health Research and Development (PCHRD) that compared ampalaya leaves with the anti-diabetes drug glibenclamide. The results of the trial showed that the blood sugar lowering effect of a 100 mg/ kilo dose/ day of ampalaya is comparable to 2.5 mg of the anti – diabetes drug Glibenclamide taken twice daily.

Amazing Ampalaya, Library Health News, Eduardo Gonzales MD, May 16, 2012

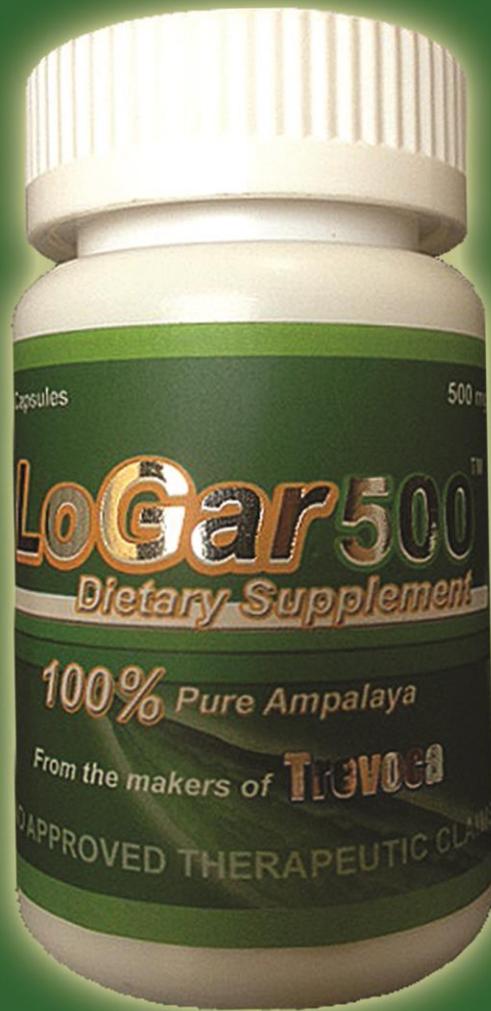
BLOOD SUGAR LOWERING EFFECT



The sugar lowering effect of ampalaya applies to the leaves of the plant whether eaten as food or taken in the form of tablets, capsules and teas. There are no conclusive studies on the effect of the fruits and roots yet.

Amazing Ampalaya, Library Health News, Eduardo Gonzales MD, May 16, 2012

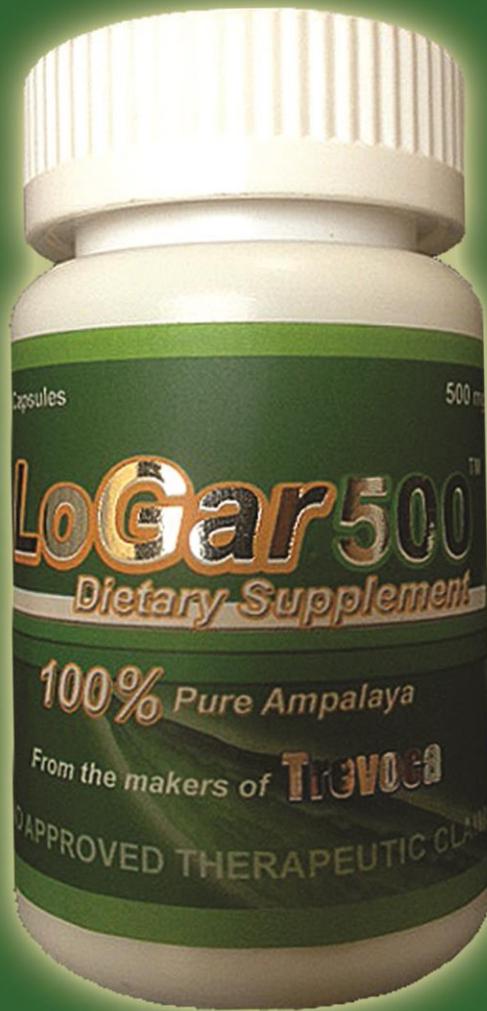
BLOOD SUGAR LOWERING EFFECT



Research showed that bitter melon may play a role in controlling the production of insulin, therefore promoting blood sugar control. At least 3 different constituents have been reported to have hypoglycaemic effects. Charantin, vicine, and polypeptide – P are the three known compounds present in bitter melon that are responsible for its antidiabetic activities.

ANTI – CANCER

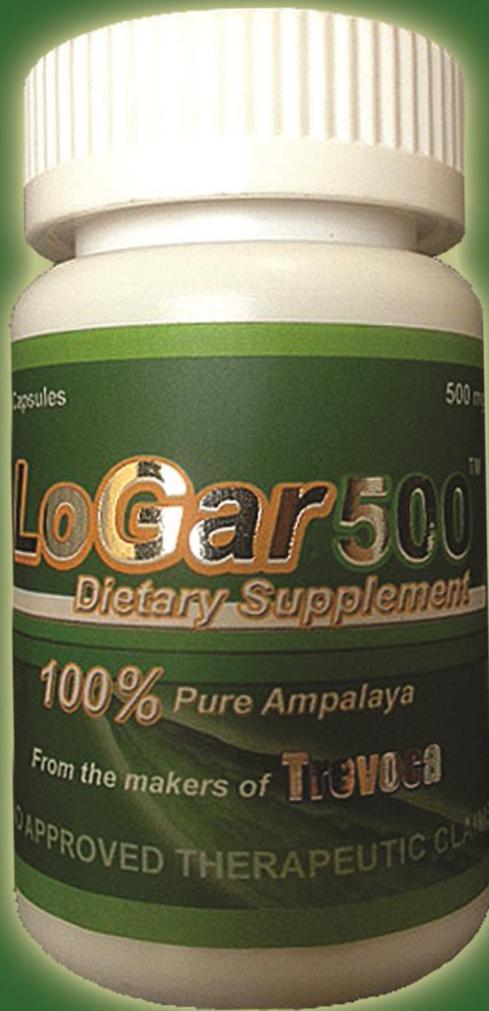
Treatment of bitter melon related products in a number of cancer cell lines induces cell cycle arrest and apoptosis without affecting normal cell growth. Therefore, the effect of bitter melon should be beneficial for health, and use of the non – modified dietary product is cost effective.



Bitter Melon: Antagonist to Cancer, Pharm Res (2010) 27: 1049 – 1053, Pratibha Nerurkar, Ratna B. Ray, Published online March 3, 2010

ANTI – CANCER

A protein in bitter gourd – MAP-30 kills viruses and slows the growth of some cancer cells.



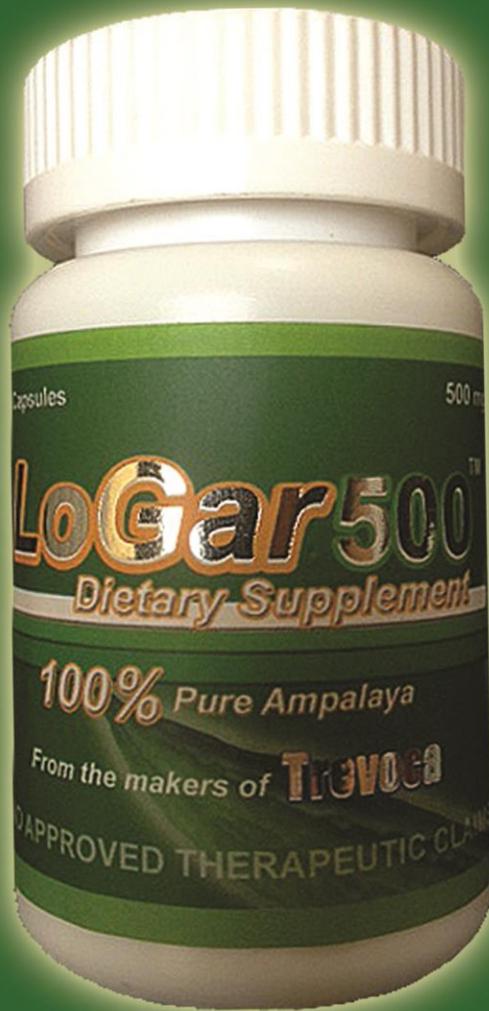
Natural Remedy Bitter Melon and Current Research Findings.
<http://www.superfoods-scientific-research.com/superfoods/natural-remedy-bitter-melon.html>

ANTI – CANCER

According to research published in the Journal “Cancer Research”, bitter melon extract, can be utilized as a dietary supplement for the avoiding of breast cancer. In a study that used human breast cancer cells, MCF-7 and MDA-MB-231, and primary human mammary epithelial cells as an in vitro model to assess the efficacy of bitter melon extract as an anti-cancer agent. Bitter melon extract treatment of breast cancer cells resulted in a significant decrease in cell proliferation and induced apoptotic cell death.

Natural Remedy Bitter Melon and Current Research Findings.

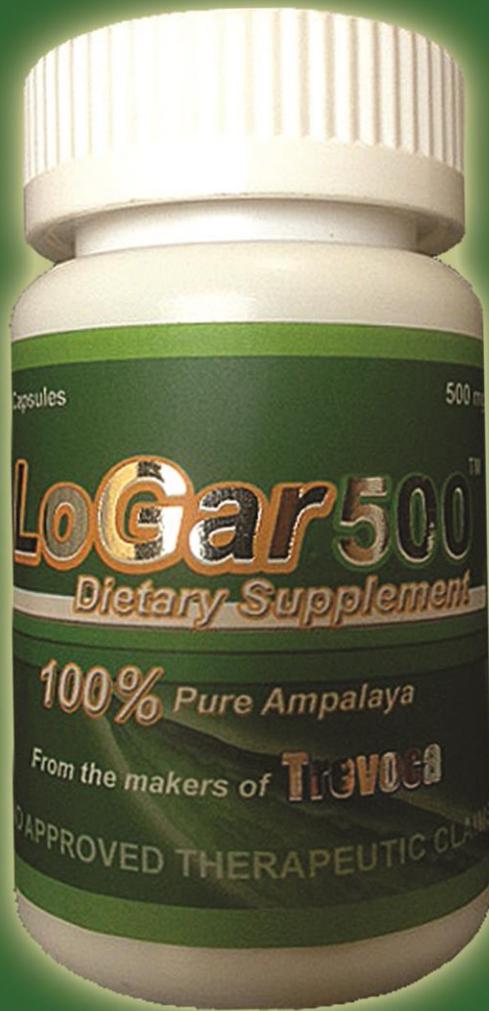
<http://www.superfoods-scientific-research.com/superfoods/natural-remedy-bitter-melon.html>



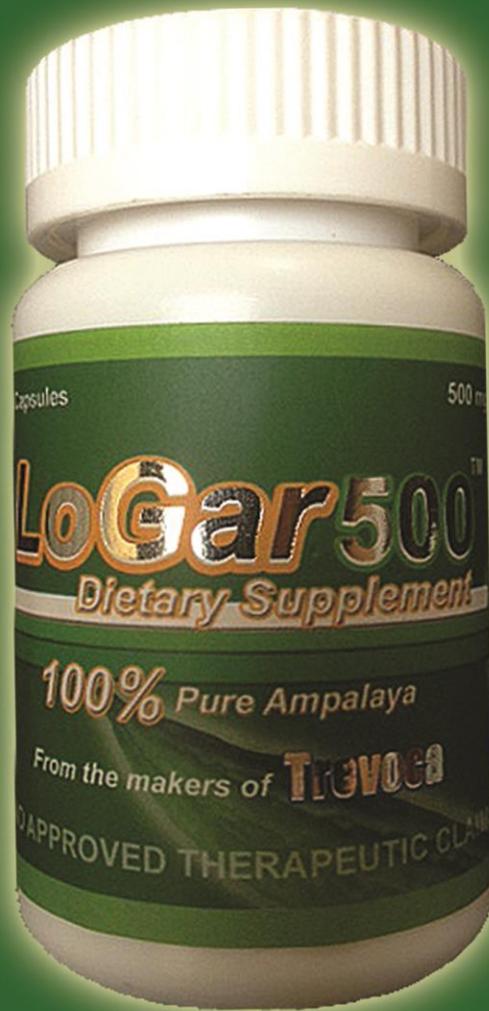
ANTI – INFECTIVE AND PREVENTION OF DISEASES

As to the other medicinal properties of ampalaya, books and articles on Philippine medicinal plants list several diseases where the plant is apparently beneficial. Reportedly, extracts from the leaves or roots shrink haemorrhoids. The leaf extract is supposedly also a good antitussive (anti – cough) and antipyretic (for fever), a good purgative and antihelmintic (against roundworms), antimicrobial activity and can help heal infected wounds, and effective in alleviating liver problems and in treating sterility in women.

Amazing Ampalaya, Library Health News, Eduardo Gonzales MD, May 16, 2012



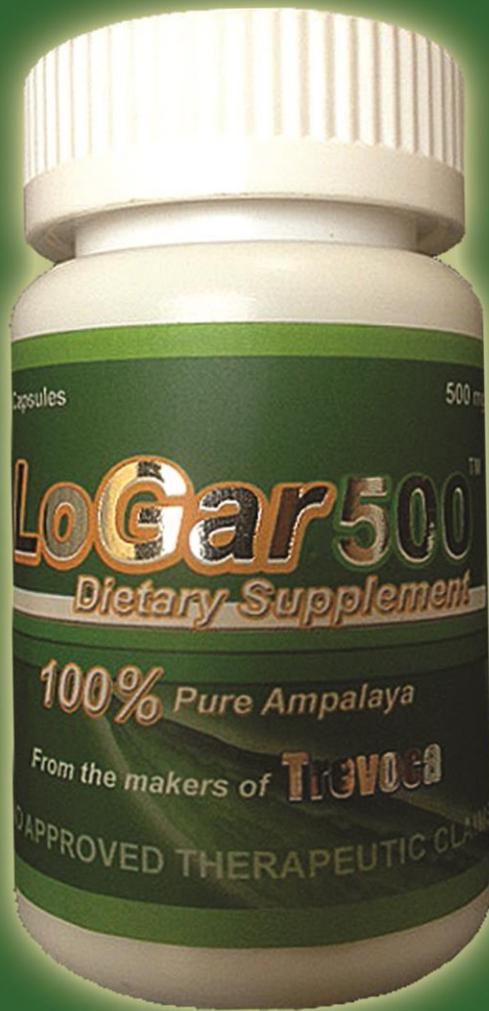
IMMUNE SYSTEM



Bitter melon extract has been shown to possess strong antiviral activities that stimulate the immune system and activate the body's natural killer cells to help fight off viruses.

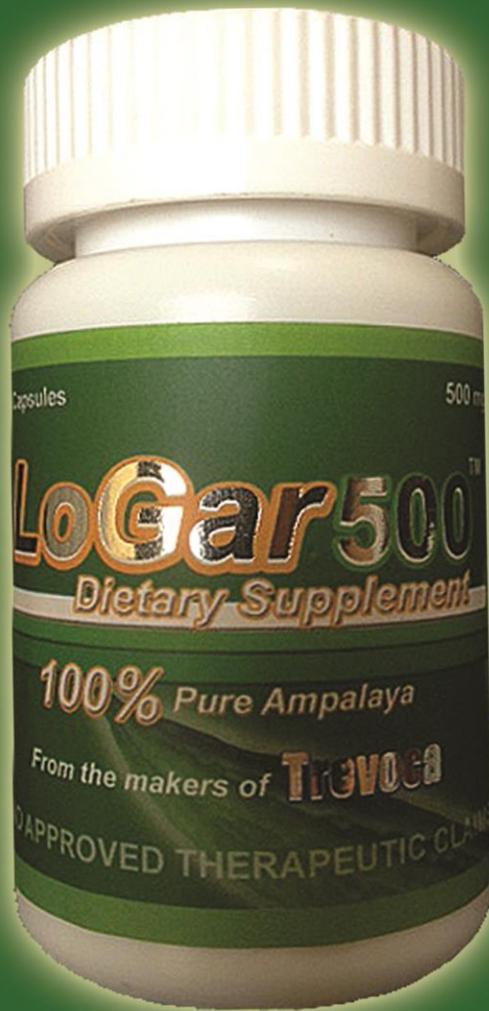
Natural Remedy Bitter Melon and Current Research Findings.

<http://www.superfoods-scientific-research.com/superfoods/natural-remedy-bitter-melon.html>



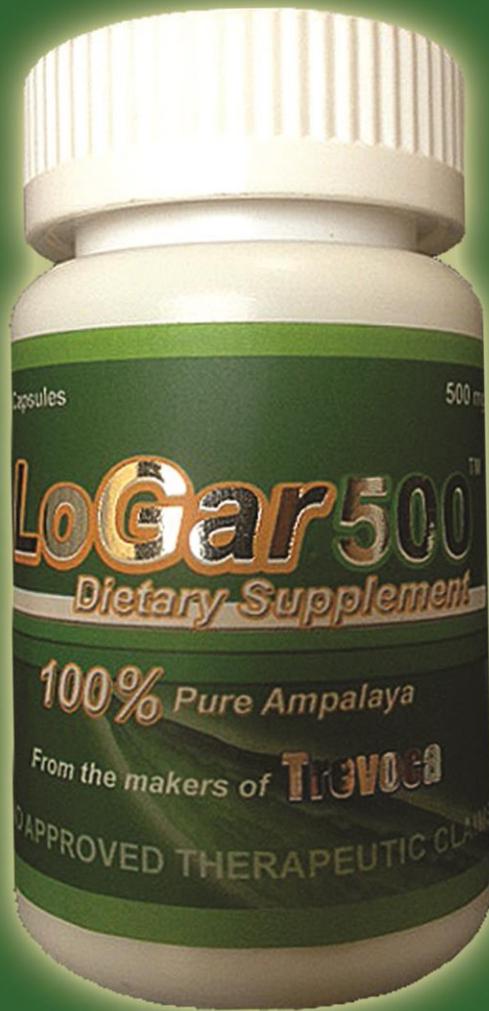
- **100% Pure**

**Gives you the highest
level of health benefits**



- **FDA APPROVED**

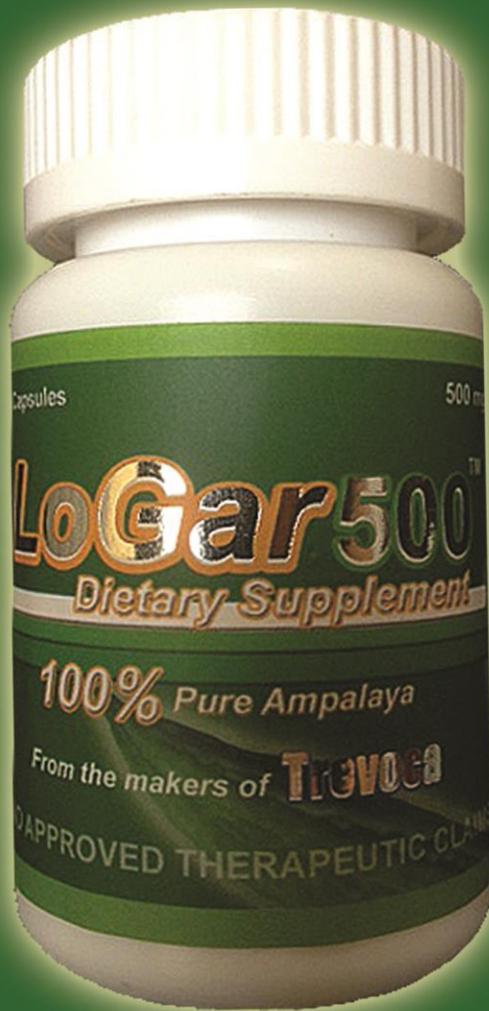
**Your guarantee of a
product with
EXCELLENT QUALITY**



- Comes in 500 mg Capsule

Convenient to take, easy to swallow especially by the taste sensitive individuals

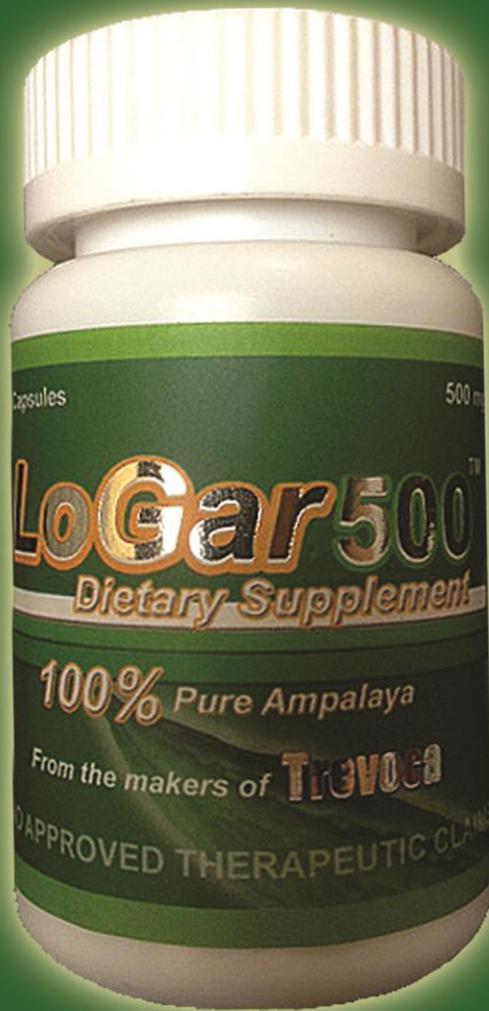
All the benefits of Ampalaya conveniently made for adults and older children



- Available in 30's

Good for one month's use

Recommended use is one
(1) capsule per day



- Very affordable price at P7.00 per capsule only

Easy on the pocket while getting all the wonderful health benefits

Simply no substitute for

LoGar500TM

**100% Pure Ampalaya
Dietary Supplement**

