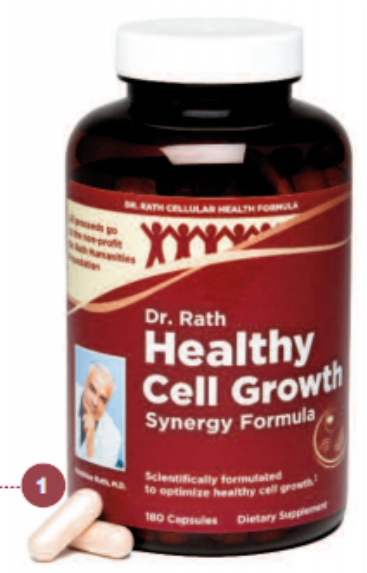
Healthy Cell Growth

Synergy Formula



All cells building our body and its organs grow, regenerate and die in an orderly fashion that assures optimum health. They are surrounded by collagen and other connective tissue molecules that give the cells and organs their principal stability. Under healthy conditions this tissue can periodically undergo enzymatic restructuring in a controlled way. Here micronutrients play an important role maintaining the connective tissue digestion process and its integrity in balance.

The **Dr. Rath Healthy Cell Growth Formula** contains a selection of micronutrients that play an important role in supporting healthy cell growth. Among them, plant polyphenols, quercetin and green tea extract, and a natural blend of collagen peptides help retain the integrity of connective tissue for normal cell growth.*

Complementary Formulas

This Synergy Formula can be combined with these Dr. Rath Formulas for focused effect:





Dr. Rath Cardiovascular Health p. 11

Dr. Rath Healthy Collagen p. 29

Dr. Rath LysinC Drink Mix™ p. 37

Dr. Rath Phytobiologicals™ p. 39

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Key Synergy Nutrients:

- Vitamin C: Plays a critical role in the production of collagen and ensures its proper structure. Vitamin C is essential for strong connective tissue, and is also the most important antioxidant that neutralizes free radicals and protects cellular structures from free-radical damage. It participates in numerous biochemical reactions that generate cellular energy and acts synergistically with lysine, proline and other nutrients.
- Lysine: Is an essential amino acid, which signifies that it must be obtained from the diet and is an important building block of collagen fibers. Lysine also helps in connective tissue stabilization by controlling the destructive activity of collagen digesting enzymes.
- Green Tea Extract: Epigallocatechin Gallate (EGCG) is a component of green tea extract that has significant antioxidant and anti-carcinogenic properties. EGCG also stops the action of the collagen-digesting enzymes, matrix metalloproteinases (MMP-2 and MMP 9), which facilitate the spread of various types of abnormal cells throughout the body.
- Quercetin: Is a type of flavonoid found in apples, onions and citrus fruits. Due to its potent anti-inflammatory and antioxidant properties, quercetin can be beneficial in a wide variety of health aspects. It protects against free radical damage, and supports healthy function of the immune system. The work of Dr. Rath's research team has shown that quercetin works in synergy with EGCG increasing the protective effects of EGCG on the body's cells metabolism.
- Collagen Hydrolysate: Is a type of collagen that is easily absorbed into the blood stream when consumed in a form of a dietary supplement. Collagen is a very important protein for our health – about 30% of the total body proteins is collagen.



Supplement Facts

Serving Size: 6 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid, from Calcium Ascorbate, Magnesium Ascorbate and Ascorbyl Palmitate)	710 mg	1183%
Vitamin D3 (as Cholecalciferol)	160 IU	40%
Vitamin B1 (from Thiamine Mononitrate)	6 mg	400%
Vitamin B2 (as Riboflavin)	6 mg	353%
Vitamin B3 (as Niacinamide)	30 mg	150%
Vitamin B6 (from Pyridoxine HCl)	6 mg	300%
Vitamin B12 (as Cyanocobalamin)	15 mcg	250%
Biotin	60 mcg	20%
Pantothenic Acid (from Calcium D-Pantothenate)	30 mg	300%
Calcium (from Calcium Ascorbate)	22.50 mg	2%
Magnesium (from Magnesium Ascorbate)	50 mg	13%
Selenium (from L-Selenomethionine)	30 mcg	43%
Copper (from Copper Glycinate)	2 mg	100%
Manganese (from Manganese Citrate)	1 mg	50%
Green Tea Leaf Extract (80% Polyphenols)	1000 mg	†
L-Lysine (from L-Lysine HCl)	900 mg	†
L-Proline	600 mg	†
L-Arginine	450 mg	†
N-Acetyl-L-Cysteine	200 mg	†
Hydrolyzed Fish Collagen	100 mg	†
Quercetin (from Quercetin Dihydrate)	50 mg	†

† Daily Value not established.