

Neways glossary of ingredients

We're all very familiar with the Neways product paradigm and the pride we take in the more than 3,000 potentially harmful ingredients we **leave out** of our products; but what about the many ingredients that pass the rigorous testing and approval process undertaken by our Scientific Advisory Board (SAB) and **are used** in our product formulations?

Here's a ready guide to many of the ingredients that you will see listed on the labels and in the literature and this website that have been approved by the SAB to give you peace of mind, whilst offering you the highest levels of quality and effectiveness.

Please note that this page represents only a fraction of the ingredients used by Neways, for a more comprehensive glossary of ingredients, please logon to the Neways Science website at newaysscience.com

A is for...

***Aloe Barbadensis* Leaf Extract (Aloe Vera)**

Is an emollient (which softens and soothes skin), that is a skin conditioning agent used to relieve dryness and scaling of skin. Aloe vera has been used for centuries to soothe a variety of skin conditions, including sunburn, blisters and burns. Aloe vera also has a well-documented tradition in nutrition supporting the digestive system.

This ingredient features as a nutritional component in NewVera, and as a skin conditioning agent in Endau Harmonising Cream, Hydracial Anti-Ageing System, Lipceutical Lip Balm, Rebound After-Sun lotion, Refresh Bath & Shower Gel, Subdue Deodorant, Subvene, TrueTouch Skin Care and New Generations Baby Care.

***Achillea Millefolium* Extract (Yarrow)**

A flowering plant in the family *Asteraceae*, yarrow is native to the northern hemisphere. In Neways skin care products it is used as a skin conditioning agent.

Find this ingredient in Indulge Bubble Bath, Rebound After-Sun Lotion and 2nd Chance Shampoo.

***Astragalus membranaceus* (Astragalus)**

Astragalus membranaceus is used in traditional Chinese medicine as a tonic to enhance cell growth, metabolism and longevity. As an immunostimulant, it may be used in cases of chronic fatigue and impaired immunity. As an adaptogenic it supports the body's ability to cope with stress.

Astragalus is found in Emperor's Formula.

Vitamin A

Vitamin A is a fat-soluble vitamin with four major functions in the body: (1) It helps cells reproduce normally, (2) It is required for vision (3) It is required for normal growth and development (4) It is required for normal reproductive function. Vitamin A's role in skin care is primarily aimed at antioxidant support of the skin's natural defences. Free radicals attack our bodies internally and externally, vitamin A is one of our primary defence mechanisms to prevent the premature ageing caused by oxidative stress.

Vitamin A is found in C-Pil Plus, Orachel and Orbitol. It is also used to condition and protect the skin, hair and scalp in, 2nd Chance Conditioner and Super Booster Scalp Treatment and True Touch Brightening C Complex

B is for:

Beeswax

Beeswax is a natural wax produced by honey bees as part of the honey production process, typically in a ration of 1:10 wax to honey. Beeswax is composed of long chain fatty acids and alcohols and is used by bees to produce the walls of the honeycomb. This natural product has been traditionally used for thousands of years and is referred to as man's first plastic. Purified beeswax is used in the cosmetic industry as a skin conditioning agent and stabiliser.

This ingredient is found in Lipceutical as well as a number of TrueTouch Color Cosmetic products.

Betacarotene

Betacarotene is a dietary precursor of retinol or vitamin A, and is converted to vitamin A in the body. It is an essential dietary nutrient required for reproduction and the normal growth and development of bone, skin and vision. As a carotenoid it is an important antioxidant, reducing and protecting against oxidative stress. However, where dietary vitamin A comes from animal products, dietary betacarotene is found in fruits, vegetables and oils.

Betacarotene is found in Atrimax, Orachel, Orachel Childrens, Orachel Plus, Protector and Revenol

***Bifidobacterium lactis* (Bifidus)**

Bifidobacterium lactis is a lactic acid bacteria or probiotic. Probiotics are taken in order to help suppress the growth of harmful bacteria and encourage the growth of beneficial bacteria, and to inhibit pathogens and toxic compounds. When taken with prebiotics or fibre components, the number of bifidobacteria in stool samples has been found to be dramatically boosted.

Bifidobacterium lactis is an ingredient in Lacto-Flora.

Bilberry (*Vaccinium myrtillus*)

Bilberry is any of several species of low-growing shrubs in the genus *Vaccinium* (family Ericaceae), bearing edible berries. The species most often referred to is *Vaccinium myrtillus* L., but there are several other closely related species. A native species to northern Europe, bilberry is naturally high in antioxidant pigments and flavonoids and has been traditionally linked to supporting the eyes.

This ingredient is found in Orbitol and Orachel Plus, Green Qi and NewVera Mixed Fruit Drink

Biotin

Biotin, a water-soluble form of vitamin B, acts as a coenzyme in the metabolism of protein, fats, and carbohydrates. Some foods are naturally high in biotin and intestinal bacteria produce this vitamin, therefore it is important to ensure that a person's digestive system is healthy to ensure properly biotin production and absorption. Biotin is an important nutrient in prenatal nutrition and when selecting a prenatal supplement it is usually recommended.

This ingredient is found in Endau Essentials, C-Pil Plus, Maximol, Orachel, Orachel Childrens and Orachel Plus, 2nd Chance Conditioner and Super Booster Scalp Treatment.

***Butyrospermum parkii* (Shea Butter)**

Shea butter is a slightly yellowish or ivory-coloured natural fat extracted from the nut of the African shea tree by crushing, boiling and stirring. It is widely used in cosmetics as a moisturiser, salve or lotion. Shea butter is edible and may be used in food preparation. Shea butter's primary use in cosmetics is as a particularly good conditioner for skin and hair.

Shea butter is found in a variety of Neways products including TrueTouch Renew P.M. creams, 2nd Chance Conditioner and Lipceutical.

C is for....

Calcium

Calcium is an essential nutrient required for normal growth and development, particularly of our bones and teeth where it is stored and where it provides structure and strength. Sufficient calcium, along with vitamin D and magnesium, is necessary throughout our lives in order to maintain optimum health; however osteoporosis, a condition associated with low calcium intake, remains a major public health problem in Australia and New Zealand. If you're concerned about your calcium intake, talk to your healthcare professional.

Calcium features in Cal-Sea-Um (a marine source of bioavailable calcium), Chelamin Plus, Endau Essentials, Orachel, Orachel Childrens and Orachel Plus.

Camellia sinesis (Green Tea) Extract

Camellia sinesis or as it is commonly known tea, is the name given to the family of plants that produce the aromatic leaves recognised as one of the most popular drinks in the world. The biochemical properties of this humble plant have been studied extensively for many years. Green tea contains volatile oils, vitamins, minerals, and caffeine, but the primary constituents of interest are the polyphenols, particularly the catechin called epigallocatechin gallate (EGCG). The polyphenols are believed to be responsible for most of green tea's roles in promoting good health. These polyphenols have been recognised as potent antioxidants for many years and are associated with traditional health care practices.

This ingredient is found in Cascading Revenol, in the liquid nutritionals Açai Action and Green Qi, and in the Hydracial Anti-Aging System, Refresh Body Bar and Keratonics Hair Care system.

Chamaemelum nobile Flower Extract

Chamaemelum nobile, commonly known as Roman Chamomile, is a low perennial plant found in dry fields and around gardens and cultivated grounds. It has daisy-like white flowers that are found in Europe, North America, and Argentina. The solitary, terminal flower heads, rising eight to twelve inches above the ground, consist of prominent yellow disk flowers and silver-white ray flowers. The flowering time is summer, and the fragrance is sweet, crisp, fruity and herbaceous. Chamomile has a varied use in both cosmetics and traditional medicine, generally as a supportive ingredient for inflammatory concerns.

This ingredient is found in Endau Harmonising Cream

Chromium

Chromium is an essential trace element required for the human body to function correctly. It enhances insulin function and is necessary for the metabolism and storage of carbohydrates, fats and protein. It is common in the food chain so deficiency is rare, however some research has found a diet high in simple sugars can lead to a greater excretion of unabsorbed dietary chromium.

Chromium is found in Chelamin Plus, Endau Essentials, Orachel and Orachel Plus.

Copernicia cerifera (Carnauba) Wax

Carnauba also called Brazil wax and palm wax, is a wax sourced from the leaves of the palm *Copernicia prunifera*, a plant native to and grown only in the north-eastern Brazilian states of Piauí, Ceará, and Rio Grande do Norte. This wax is naturally hypoallergenic and has emollient properties making it extremely useful in the cosmetic industry as a thickener and as an alternative to other harsher ingredients. Carnauba wax has one of the highest melting points of any natural wax enabling this ingredient to be successfully used at room and body temperature, although hard and brittle, mixing with other natural waxes like beeswax enables use in a wide variety of product types.

This ingredient is found in Lipceutical, TrueTouch Colour Cosmetics including concealer, lipstick and lip gloss, and the lip, brow and eye liner.

Crambe abyssinica Seed Oil

Crambe abyssinica seed oil is a vegetable oil from a plant that is native to the Mediterranean region of Europe. Physically, oils are liquid at room temperature, and fats are solid. Chemically, both fats and oils are composed of triglycerides, as contrasted with waxes which lack glycerin in their structure. Although many plant parts may yield oil, in commercial practice, oil is extracted primarily from seeds. This natural vegetable oil is rich in C22 fatty acids, which give a soft effect to hair and skin.

This ingredient is found in the Keratonics Colour Conditioners and Repairing Mask.

Coenzyme Q10 (ubiquinone)

Coenzyme Q10 is found in just about every cell in the human body. It is essential to cellular energy production and also functions as an antioxidant. It is made by the body; however production declines with age. Hard working tissues like the heart and brain rely on CoQ10 for energy. As an antioxidant it may protect against the oxidation of LDL-cholesterol, thereby supporting healthy cardiovascular function.

This ingredient features in Atrimax. It is also used in Cascading Revenol.

Colostrum (bovine)

Colostrum is the first milk expressed by the cow to the calf. It is taken from the cow within the first 48 hours of parturition, and is high in such important nutrients as immunoglobulin, lactoferrin, glycoproteins, lactalbumins, lysozymes and growth factors. People needing additional nutrient support, whether due to convalescence or strenuous physical activity, may benefit from including bovine colostrum in their diet.

Colostrum is found in Transfactor.

Copper

Copper is an essential nutrient needed in the diet to prevent deficiency disease and support optimal health. It is specifically necessary for the absorption and use of iron in the formation of haemoglobin and also forms part of several enzymes known as metalloenzymes, required for a number of functions within the body. It is found in a number of foods, including seafood, nuts, seeds and organ meats.

Products containing copper include Chelamin Plus, Endau Essentials, Orachel, Orachel Childrens and Orachel Plus.

Curcuma longa (turmeric) extract

Curcuma longa (turmeric) is the rhizome of the *C. longa* plant found in tropical south Asia and is one of the most recognisable spices due to its intense yellow colour. The dried root and extract have many applications which includes dyes, food colouring and for cosmetic use. Turmeric has been used in the Ayurvedic tradition for centuries and forms part of many traditional remedies. Studies have demonstrated that curcumin is a potent antioxidant.

This ingredient is found in Revenol, Cascading Revenol and Ultimate Shampoo.

D is for...

DHA

DHA (docosahexaenoic acid) is an omega-3 fatty acid found in fish and krill oils, it is considered a necessary nutrient for proper health and wellbeing. Essential fatty acids are a cornerstone of a rounded and proper diet providing support to many of the body's vital systems. EPA and DHA are widely used in supplementation for joint inflammation and for cardiovascular support in normal,

healthy individuals.

This ingredient is found in EFA Krill Complex and C-Pil Plus.

Dicetyldimonium Chloride

This ingredient is used in conditioners due to its multi-purpose function. It will act as an antistatic agent, hair conditioning agent and protects the surface of hair. This ingredient is an excellent every day mild conditioner suitable for all hair types.

This ingredient is used in Exuberance Conditioner.

Dimethyl Sulfone (MSM)

Also known as methylsulfonylmethane (MSM), this ingredient is an important nutritional and personal care compound. MSM is an organo-sulfur compound, a source of bioavailable sulfur which is required for the maintenance of connective tissues, including joints, tendons and cartilage.

This ingredient is found in Glucosamine Rapid. It is also used in Alleviate Refreshing Sports Rub and Tender Care Hand & Body lotion.

Dioscorea villosa (wild yam) root extract

Wild yam plants are found across the mid-western and eastern United States, Latin America (especially Mexico), and Asia. Several different species exist, all of which possess similar constituents and properties, with the root extracts being used traditionally to support hormonal wellbeing.

This ingredient is found in Endau Harmonising Cream.

Durian

Widely known and revered in south east Asia as the 'King of Fruits', the durian fruit is distinctive for its large size, unique odour, and formidable thorn-covered husk. The edible flesh emits a distinctive odour, strong and penetrating even when the husk is intact. The durian fruit has a unique and exceptional nutritional profile which includes a host of nutrients like vitamins, minerals and phytonutrients.

This ingredient features in Durian Fusion.

E is for...

Eicosapentaenoic Acid (EPA)

An omega-3 fatty acid found in fish and krill oils, it is considered a necessary nutrient for proper health and wellbeing. Essential fatty acids are a cornerstone of a rounded and proper diet providing support to many of the body's vital systems. EPA and DHA are widely used in supplementation for joint inflammation and for cardiovascular support in normal, healthy individuals.

This ingredient is found in EFA Krill Complex and C-Pil Plus.

Eucalyptus globulus (Eucalyptus) Leaf

An evergreen tree native to southern Victoria and Tasmania, this is one of the most widely cultivated Australian native trees. Plantations are used to produce timber, wood pulp, herbal tea and essential oils. Traditional uses of eucalyptus essential oil include promoting concentration, as an expectorant to help clear the sinuses and loosen phlegm, and as a natural antibacterial and antiseptic agent.

This ingredient is available as pure essential oil in our Aromatherapy range, and as a skin care agent in Subdue and Tangible Massage Lotion.

Euterpe oleracea (Açaí) Berry

More commonly known as Açaí berry, the bright purple fruit of this palm tree are an exceptional source of nutrition. This nutrition packed fruit contains a variety of natural components including

Omega 9 fatty acids, vitamin A and polyphenols.

This ingredient is the major ingredient in Açai Action

F is for...

***Fagus Sylvatica* (Beech) Bud Extract**

European or common beech is a native to many parts of Europe, the bud is used to produce an extract that promotes and supports skin hydration and visible health.

This ingredient is found in Hydracial Skin Moisture Mask.

Folic Acid

Folic acid is an essential B group vitamin needed for cell replication and growth. Folic acid helps form building blocks of DNA, the body's genetic information, and building blocks of RNA, needed for protein synthesis in all cells. Rapidly growing tissues and rapidly regenerating cells have a high need for folic acid. For this reason, folic acid is an important nutrient both prior to conception and throughout the first trimester of pregnancy. If pregnant or seeking to become pregnant, talk to your doctor about folic acid supplementation.

This ingredient is found in Endau Essentials, as well as C-Pil Plus, Extramin B-Calm and Orachel

Flax

Flax, otherwise known as linseed, is a good source of dietary fibre, omega-3 fatty acids, and lignans. Each of these components may contribute to the health effects of eating linseed, but linseed oil contains no fibre and very little lignan. Like most vegetable oils, linseed oil contains linoleic acid, an essential fatty acid needed for survival. But unlike most oils, it also contains significant amounts of another essential fatty acid, alpha linolenic acid (ALA) an omega 3 fatty acid.

This ingredient is found in Green Qi and EFA Krill Complex

G is for...

Ginkgo Biloba

Ginkgo Biloba is native to China, having fan-shaped leaves and fleshy seeds with edible kernels; the sole surviving species of the gymnosperm family *Ginkgoaceae*, which thrived in the Jurassic Period, and existing in today's world almost exclusively in cultivation. Ginkgo and its extracts have a long and rich tradition in eastern medicine, with many long standing and understood mechanisms in the body.

This ingredient is found in Revenol, C-Pil Plus and Ingenious.

Grape Seed (*Vitis vinifera*)

Grape seed contain phytonutrients called proanthocyanidins—also called OPCs for oligomeric procyanidins or PCOs for procyanidolic oligomers. These nutrients are a class of specialist molecules belonging to the flavonoid family, a group of phytonutrients extensively studied and considered potent antioxidants.

This ingredient is found in Revenol, Cascading Revenol, C-Pil Plus and Orachel Plus; and in the liquid nutritional Maximal Solutions and NewVera.

Glycine Soja (Soybean) Extracts

This group of ingredients is derived from soy beans, the bean being processed and purified to give an extract that is especially useful in personal care products. The resulting botanical extract is used as a

hair and skin conditioner, a moisturiser and emulsifying agent.

This ingredient is found in Firm Up, Hydracial Skin Defense, Lipceutical, Skinny Dip, Subvene and TrueTouch Bio Mist Hydrating Activator

H is for...

Hamamelis virginiana (Witch hazel) Leaf Extract

Witch hazel has a rich use in traditional medicine and folklore. Although its use has been traced back to medieval healers, the 'witch' in witch-hazel has its origins in Old English *wice*, meaning 'pliant' or 'bendable'. The extract has been used for centuries as an astringent and is often used in supporting bruises and insect bites.

This ingredient is found in Hydracial Skin Serum, Subdue and TrueTouch Bio Mist Hydrating Activator.

Hydrolyzed Keratin

Keratin is an important, insoluble protein that is made from amino acids. Keratin Amino Acids have the ability to penetrate the hair shaft to support hair vitality and look. Keratin Amino Acids restore the hair's moisture content, strength and pliability.

This ingredient is found in Exuberance conditioner.

Hydrolyzed silk PG-propyl methylsilanediol crosspolymer

This is a polymer based on the combination of silk and silicone moieties. This unique molecule has the conditioning properties of both chemistries. Note: No propylene glycol is used or present in the manufacture of this ingredient.

This ingredient is found in the Keratonics range.

I is for...

Iron

Iron is an essential mineral and part of haemoglobin, the oxygen-carrying component of the blood. Iron-deficient people tire easily in part because their bodies are starved for oxygen. Without enough iron, adenosine triphosphate (ATP; the fuel the body runs on) cannot be properly synthesised. Although iron is part of the antioxidant enzyme catalase, iron is not generally considered an antioxidant, because too much iron can cause oxidative damage.

Iron is featured in Chelamin Plus, Endau Essentials, Orachel and Maximol Solutions

Iodine

Iodine was one of the first trace minerals to be identified as essential. It is needed to make thyroid hormones, which are necessary for maintaining normal metabolism in all cells of the body. Thyroid hormones are also required for the normal growth and development of tissues, including the central nervous system. However due to the low iodine content in Australian soil many foods grown locally are also low in iodine. In such cases iodised salt or other forms of fortification or supplementation may form the main dietary source.

Iodine is found in Chelamin Plus, Endau Essentials, Orachel Childrens, Orachel Plus and Renu, and in the liquid nutritional Maximol Solutions

Inositol

Inositol p is required for the proper formation of cell membranes. Inositol also affects nerve transmission and helps in transporting fats within the body.

Inositol is found as part of the vitamin B-complex in Cascading Revenol, Orachel, Orachel Childrens and Orachel Plus.

J is for...

***Juglans cinerea* (White walnut)**

Juglans cinerea is a tree native to north America. The tree produces a bark that featured in indigenous medicinal practices and which is still used today in variety of applications to treat digestive disturbances.

This ingredient is found in Purge.

***Juglans nigra* (Black Walnut)**

The black walnut is a rare form of walnut introduced to Europe from north America during colonisation. It remains valued for producing a dark wood of very high quality, and for producing nutmeat of a distinctive flavour. The walnut husks are also used, being a traditional treatment for intestinal worms.

This ingredient is found in Black Walnut & Senna.

***Juglans Regia* (Walnut) Seed Extract**

Juglans regia, also known as the English walnut extract is a skin conditioner made from walnut seeds. The natural fatty acids found in walnuts provide conditioning properties suited to all skin types.

This ingredient is found in TrueTouch Protect AM and Retention Essence

K is for...

Vitamin K

Vitamin K is needed for proper bone formation and blood clotting, and achieves this by helping the body transport calcium. Vitamin K is an important factor in the maintenance and support of bone health and density.

This ingredient is found in Endau Essentials

L is for...

Lactobacillus acidophilus

Lactobacillus acidophilus is a type of probiotic bacteria. *L. acidophilus* favourably alters the intestinal microflora balance, helps inhibit the growth of harmful bacteria and promotes good digestion.

This ingredient is found in Lacto-Flora

***Limnanthes alba* (Meadowfoam) Seed Oil**

Is the oil extracted from the seeds of the meadow foam plant. Used as skin-conditioning agent it is one of the most stable vegetable oils available for use in personal care products.

This ingredient is found in the True Touch Protect AM and Renew PM creams.

***Lavandula angustifolia* (lavender) oil**

A plant native to the Mediterranean region with a distinctive scent and long history of use in cosmetics and personal care. Grown for ornamental and functional use, lavender is used in a wide variety of products, and features prominently in aromatherapy where it is well known for its calming

and sedative properties.

This ingredient is found in 2nd Chance Conditioner and Silken Shampoo, and as an essential oil in our Aromatherapy range.

***Linum usitatissimum* (linseed)**

Also known as flax, the oil extracted from this plant's seeds is a valuable crop with many uses. The unrefined seeds contain omega 3, fibre and lignans. Linseed oil contains linolenic acid, an essential fatty acid needed for health. But unlike most oils, it also contains significant amounts of another essential fatty acid, alpha linolenic acid (ALA)

This ingredient is found in Green Qi and EFA Krill Complex .

M is for...

***Malus domestica* (Apple) juice and extract**

Laboratory tests have confirmed that apples are a great source of antioxidants and fibre. Extracts for use in cosmetics and food supplements, concentrate these natural compounds to provide hair and skin conditioning ingredients in addition to the well documented nutritional benefits.

This ingredient is found in Neways Authentic Hawaiian Noni Juice, Açai Action, and the Keratonics hair care range.

Mangosteen

Mangosteen is known as 'the Queen of Fruits', and forms the perfect complement to durian, 'the King of Fruits'. In Asian cultures the mangosteen represents cool and calm while the durian fruit represents heat and vitality—yin and yang—together creating a natural balance. Today, the benefits of mangosteen are attributed to its unique phytonutrient profile, which includes xanthenes - a class of organic compounds with potent antioxidant effects.

This ingredient is found in Durian Fusion with Mangosteen.

***Morinda citrifolia* (Noni)**

The Noni fruit is grown in Hawaii's mineral rich volcanic soils, and has been favoured by the indigenous people for generations. Noni fruit contains antioxidants and polysaccharides, including unique components that support the health of major body systems including the immune system and overall health.

This ingredient is found in Neways Authentic Hawaiian Noni Juice.

Molybdenum

Molybdenum is an essential trace mineral needed for the proper function of certain enzyme-dependent processes, including the metabolism of iron.

This ingredient is found in Endau Essentials and Orachel, and in the liquid nutritional Maximol Solutions.

Magnesium

Magnesium is an essential nutrient needed in the diet to prevent deficiency disease and support optimal health. It plays an important role in bone mineralisation, as well as the building of protein, enzyme action, normal muscle contraction and nerve impulse transmission.

This ingredient is found in Atrimax, Cal-Sea-Um, Endau Essentials, Chelamin Plus, Orachel, Orachel Plus, Orachel Childrens, Renu and in the liquid nutritional Maximol Solutions.

Manganese

Manganese is an essential trace mineral required for healthy skin, bone, and cartilage formation. It

also supports the activation of superoxide dismutase (SOD)—an important antioxidant enzyme.

This ingredient is found in Chelamin Plus, Endau Essentials, Orachel, Orachel Childrens, Orachel Plus and in the liquid nutritional Maximol Solutions.

N is for...

Niacin

The essential nutrient niacin – also known as vitamin B3, nicotinic acid, nicotinamide and vitamin PP - is a water soluble vitamin used by the body to convert energy from carbohydrates. It is also involved in DNA and cellular repair. Niacin also helps the body make various sex and stress-related hormones in the adrenal glands and other parts of the body as well as helping to improve circulation. While uncommon in developed nations; the disease pellagra is a direct result of extreme vitamin B3 deficiency.

This ingredient is found in C-Pil Plus, Endau Essentials, Orachel, Orachel Childrens and Orachel Plus.

Noni (*Morinda citrifolia*)

The Noni fruit is grown in Hawaii's mineral rich volcanic soils, and has been favoured by the indigenous people for generations. Noni fruit contains antioxidants and polysaccharides, including unique components that support the health of major body systems including the immune system and overall health.

This ingredient is found in Neways Authentic Hawaiian Noni Juice.

O is for...

***Olea europaea* (Olive)**

The subject of myth and legend, the olive is a small evergreen tree native to Mediterranean regions. The characteristic green to blue-black fruit of this tree yields a useful, edible oil. Both the oil and the dried green-greyish coloured leaves are used in supplements. Olive leaf has a wide number of constituent active ingredients, including oleuropein and several types of flavonoids.

This ingredient is found in Purge, Hydracial Anti-Aging Skin Care System, TrueTouch Protect A.M. - Dry Skin, TrueTouch Renew P.M. - Dry Skin and Lipceutical Natural Botanical Moisture Protection.

Oligomeric Proanthocyanidins (OPCs)

OPCs are formidable antioxidants found in some plants including grape seeds. As part of the flavonoid family of antioxidants these active materials are linked with circulatory and organ support.

This ingredient is found in Revenol, Cascading Revenol, C-Pil Plus and Orachel Plus.

P is for...

***Pelargonium graveolens* (Geranium) Oil**

Pelargonium graveolens (commonly known as rose geranium) is a species in the *Pelargonium* genus, indigenous to various parts of southern Africa, the plant is widely cultivated in other areas for its scented oil which is a popular aromatherapy product.

This ingredient is found in Indulge Bubble bath, Refresh Body Bar, Silken Shampoo Super Booster and Close Shaving Gel.

Panthenol

Panthenol, also known as provitamin B5, this ingredient is the viscous precursor of vitamin B5. It functions as a superb moisturiser of skin and hair.

This ingredient is found in TrueTouch Renew PM and Protect AM Creams, Indulge Bubble Bath, Replenishing Mist Hair Strengthener, Super Booster Scalp Conditioner plus Keratonics Deep Moisturising and Exuberance Conditioners.

Plantago ovata (Psyllium) husk

The seeds have traditionally been used to support digestive health and regularity due to the high fibre and mucilage content. High dietary fibre intakes have been associated with lower instances of obesity and cardiovascular disease, but most is commonly used to treat constipation, as the resultant bulk when taken with adequate water supports movement and flow.

Psyllium husk features in Siber

Potassium Olivoyl Hydrolyzed Wheat Protein

Potassium olivoyl hydrolyzed wheat protein is a vegetable derived emulsifier that also moisturises the skin.

This ingredient is found in TrueTouch Renew PM and Protect AM creams.

Prunus amygdalus dulcis (Sweet Almond) Oil

This natural oil derived from almonds moisturises and promotes healthy looking skin as well as providing nourishment and protection. This light yet hydrating oil is an excellent lubricant and carrier oil for massage. (Note: Tree nut allergy sufferers should avoid this ingredient.)

This ingredient is found in Hydracial Skin Vigor Crème, Tangible Massage Lotion, Tender Care Hand & Body Lotion and the TrueTouch Nail Color Remover.

Q is for...

Quillaja saponaria (Soap Bark)

Quillaja saponaria is an extract of the Soap bark tree, native to Chile. It has featured in Andean traditional medicine for centuries, and is still valued today for its saponin content. Saponins have a great potential in health and nutrition due to their anti-inflammatory and antioxidant properties. They are also excellent cleansing and foaming agents, as the name Soap Bark suggests. In fact, quillaja is derived from the Mapuche word *quillay* – to wash.

You can find this ingredient in TrueTouch Cleanser (Normal) and Ultimate Shampoo.

R is for...

Rosmarinus officinalis (Rosemary) extract and whole leaf

Rosemary is a small, fragrant evergreen shrub. The rosemary plant is of Mediterranean origin, where the leaves are traditionally used both in cooking and in herbal infusions supporting digestive health. It has a number of therapeutic applications and its constituents act as potent antioxidants in both water and oil soluble environments.

This ingredient is found in Cascading Revenol, Ming VMM and NuroI-eze, and in the essential oil blend Travel Well.

Riboflavin (vitamin B2)

Riboflavin is a water-soluble B group vitamin needed to process amino acids and fats, activate vitamin B6 and folic acid, as well as helping convert carbohydrates into the fuel the body runs on -

adenosine triphosphate (ATP).

This ingredient is found in C-Pil Plus, Endau Essentials, Orachel, Orachel Childrens and Orachel Plus, and the liquid nutritional Maximol Solutions.

S is for...

Spirulina

Spirulina is a microscopic blue-green algae containing a balance of nutrients that make it virtually a 'whole food' capable of sustaining life without the need for other foods. Spirulina provides vitamins, many minerals, essential amino acids, carbohydrates and enzymes.

This ingredient is featured in Green Qi.

Stabilized chlorine dioxide

This oxidising ingredient helps promote significant breath odour reduction, and acts as an oral care agent to reduce bacteria in the mouth.

This ingredient is contained in Eliminator Mouthwash.

Selenium

Selenium is an important mineral for immune function and also acts as an antioxidant by activating an enzyme called glutathione peroxidase. This enzyme is an important factor in the human immune system.

This ingredient is found in Cascading Revenol, Endau Essentials and Maximol Solutions

T is for...

Thiamine

Thiamine, or vitamin B1, is a water-soluble vitamin needed to process carbohydrates, fat, and protein. Every cell of the body requires vitamin B1 to form the fuel the body runs on—adenosine triphosphate (ATP).

This ingredient is found in the following products: Orachel, Orachel Childrens and Orachel Plus, Endau Essentials and in the liquid nutritional Açai Action.

Tetrahexyldecyl Ascorbate

A stable, oil-soluble form of vitamin C, used in cosmetics, personal care products and anti-ageing products because of its ability to support collagen levels, reduce melanin production, brighten skin, and support against the effects of UV exposure and other environmental damage.

This ingredient is found in a variety of Neways skin care products including TrueTouch Protect AM creams, Hydracial Skin Defense and TrueTouch Brightening C Complex.

Trifolium pratense

Commonly known as red clover, the flowering tops of this native of Europe, western Asia and northwest Africa are used in Chinese and western traditions. Modern research has revealed that red clover also contains high amounts of isoflavones, such as genistein. Research has focused on a red clover extract high in isoflavones as a possible support mechanism for women.

Extracts of this plant are found in Endau Harmonising Cream.

U is for...

Ubiquinone

More commonly known as Coenzyme Q10, this substance has a variety of functions in the body. The most widely studied properties are antioxidant and heart supporting functions. Virtually every cell of the human body contains CoQ10. It is concentrated in the mitochondria, the area of cells where energy is produced. The heart and liver contain the greatest amount of CoQ10.

This ingredient is found in Atrimax and Cascading Revenol.

V is for...

***Vitis vinifera* (Grape)**

The common grape has a variety of uses as a juice and as a source of concentrated extracts. Grape juice is a valuable source of various phytonutrients providing both flavour and colour. Grape extracts are used as a superb source of antioxidants and include a wide range of phytonutrients including Oligomeric Proanthocyanidins (OPCs) and other flavonoids.

Grape extracts and juices is found in Revenol, Cascading Revenol, C-Pil Plus and Orachel Plus, and in the liquid nutritionals Açai Action, Maximol Solutions and NewVera.

***Vaccinium myrtillus* (bilberry)**

A close relative of American blueberry, bilberry grows in northern Europe, Canada, and the United States. The ripe berries are primarily used in modern herbal extracts and are closely associated with antioxidant capacity and visual health.

This ingredient is a primary component of Orbitol and is featured in Green Qi.

Vanadium

Vanadium is an ultra-trace mineral, which are found in the human body in extremely small quantities but are vital to our proper growth and development. This particular trace mineral plays an important role in bone and teeth construction.

This ingredient is included in Maximol Solutions.

W is for...

Withania somnifera

Withania somnifera is an ayurvedic herb most commonly used for people who are 'stressed-out'. A good general tonic for active people, the elderly or those convalescing from illness, it has been clinically shown to improve red blood cell count.

This ingredient is found in Emperor's Formula

Z is for...

Zinc

Zinc is another trace mineral and an essential nutrient in the diet. Zinc is integral to many areas of human health including immune function, wound healing, and normal foetal development.

This ingredient is found in Cascading Revenol, Chelamin Plus, Endau Essentials, Orachel, Orachel Childrens, Orachel Plus, Orbital Plus and Prostality.