

## Health food ingredients

Material	Main Physiological Function	Product Name	Appearance (Color)	Part of original material	Active Principle	Recommended Dosage (per day)	Characteristics	Country of Origin
Akamegashiwa ( <i>Mallotus Japonicus</i> )	Regulation of digestive organ movement (For constipation, diarrhea)	Akamegashiwa Powder F	Powder (Brown)	Bark	Bergenin: over 12%	300mg	Traditional herb in Japan	Japan
Amla ( <i>Emblica officinalis Gaertn.</i> )	Anti-oxidation Improvement of blood flow Prevention of arteriosclerosis	NS Amla Extract Powder	Powder (Pale brown)	Fruit	Gallotannins : over 15%	500mg	Representative herb in Ayurveda (Triphara)	India
Fish collagen peptides	Skin rejuvenation	NSCP aqua	Powder (Pale yellow)	Fish scale	Collagen Peptides	-	Molecular weight: about 3,000 High solubility	China
Garcinia ( <i>Garcinia cambogia Desr.</i> )	Prevention of fat accumulation Promotion of body fat burning Promotion of glycogen synthesis Increase of exercise endurance	Garcinia Extract S	Liquid (Brown)	Peel	HCA : 52.5±2.5%	1500mg	Garcinia Powder S : Soluble powder Garcinia Powder J : Easily soluble powder  (-)-Hydroxycitric Acid (HCA) suppresses fat accumulation from glucose HCA also promotes fat burning by activating carnitineacyltransferase	India
		Garcinia Powder S	Powder (Pale brown)		HCA : 42±2%	1875mg		
		Garcinia Powder CR	Powder (White)		HCA : 63±3%	1250mg		
		Garcinia Powder J	Powder (White)		HCA : over 60%	1250mg		
Haskap ( <i>Lonicera caerulea L.</i> )	Improvement of skin health and skin whitening Improvement of eyesight Prevention of fat accumulation Promotion of body fat burning Anti-oxidation	Haskap Powder S	Powder (Black red purple)	Fruit	Polyphenols Cyanidin3-glucoside : over 8%	150mg	Powder of concentrated extract Cyanidin3-glucoside	China
Hyaluronic acid	Skin rejuvenation (Keeping the skin moisturized)	Hyaluronic acid ST	Powder (White)	-	Sodium Hyaluronate	100mg	High molecular weight type (Molecular weight: about 1,000,000)	China
		Hyaluronic acid LM	Powder (White)	-	Sodium Hyaluronate	-	Low molecular weight type (Molecular weight: 5,000-30,000)	China
		Hyaluronic acid 3000	Powder (White)	-	Sodium Hyaluronate	50-100mg	Very low molecular weight type (Molecular weight: about 3,000)	China
Mangosteen ( <i>Garcinia mangostana L.</i> )	Anti-glycation Skin rejuvenation	Mangostin α 20	Powder (Brown)	Peel	α -mangostin: over 20%	100mg	It's called the queen of fruits Reduction of AGEs (Advanced Glycation End-products)  Mangostin aqua : Soluble powder	Thailand, Indonesia
		Mangostin aqua	Powder (Red brown)		Maclurin glycoside			
Morus leaves ( <i>Morus alba</i> )	Inhibition of starch and sugar absorption	Morus leaves Extract Powder	Powder (Brown)	Leaf	Polyphenols 1-deoxynojirimycin(DNJ)	750mg (250mg × 3)	Inhibition of the enzyme associating metabolism of carbohydrates	China
Perilla ( <i>Perilla</i> )	Suppression of allergic inflammation	Perilla Extract Powder RK	Powder (Red brown)	Leaf	Polyphenols	400mg	50 leaves are concentrated to 1g powder	China