

eb™

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EDIBERYL LTD



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Serving Size: 1 Capsule	Amount	%NRV*
Beetroot Extract (From a 10:1 extract, with 1% Nitrates)	500mg	†
Avocado Extract	200mg	†
Lemon Balm Extract (From a 4:1 extract)	200mg	†
Soya Extract (Providing 40% Isoflavones)	60mg	†

Net Weight: 30g

† Daily Value not Established
* Nutrient Reference Value

Ingredients:
Beetroot Extract, Soya Extract (**soy**), Avocado Extract, Lemon Balm Extract, Bulking Agents (Micro-crystalline Cellulose, Di-Calcium Phosphate), Anti-caking Agent (Magnesium Stearate).

Health Claims:
Betaine (beetroot) contributes to normal homocysteine metabolism. Lemon Balm has a relaxing effect and reduces restlessness. Lemon Balm is an Antioxidant that improves digestive, respiratory, mental and cognitive health. BALS will improve physical wellbeing.



BALS

Beetroot, Avocado, Lemon Balm & Soya

30 Capsules
Food Supplement

Suggested Use:

As a food supplement for adults, take 1 capsule a day preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed stated dose. Do not use if the seal is broken. Please store under 25°C

Cautions:

Keep out of sight and reach of children. If you are pregnant or breast feeding, please consult your healthcare practitioner before use. Not intended for use by a person under the age of 18. Discontinue use and consult a doctor if adverse reactions occur. Store in a cool, dark place out of direct sunlight. These ingredients may vary slightly in appearance or colour, this will not effect the quality of the product. This product should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. This product is suitable for Vegans & Vegetarians. This product is not intended to diagnose, treat, cure, or prevent any disease. Free from Sugar, Salt, Dairy, Yeast, GMO, Gluten, Wheat, Nuts, Lactose, Artificial Colours, Preservatives and Flavouring. For allergens see ingredients in **bold**.



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Ingredients	Internal Type	Amount Per Capsule
Beetroot Extract 10:1,01% Nitrate	Extract	52.5mg
Avocado Juice Powder min 95%	Nutrient	221.03mg
Lemon Balm Mellisa Officinalis 4:1	Extract	52.5mg
Soybean Extract 200:1, 40% Isoflavone	Extract	320µg
Microcrystalline Cellulose	Excipient	Regulated
Magnesium Stearate	Excipient	Regulated



eb™BALS: B: Beet Root Extract: Multi-Research-Review Based

500mg Beetroot Extract from a '10:01 extract'

INCREASES TIME-TO-EXHAUSTION at $\leq VO_2MAX$
INTENSITY

ERGOGENIC EFFECT:

Reduces VO_2 @ $\leq VO_2Max$ Intensity
Improve Watts Required & VO_2 Level
Improve Efficiency & Performance

INCREASE:

Time-To-Exhaustion at Sub-Maximal Intensities
Cardiorespiratory Performance At Anaerobic
Threshold & VO_2 Max Intensities

**REDUCED
BLOOD PRESSURE
IN
HYPERTENSIVES**

Aids
Gastric Health
(digestion)
(adipic acid)

**Beetroot+Garlic
Nullify
Bad-Breath**

preserve
endothelial
function

Powerful Antioxidant
Anti-Inflammatory
Vascular-Protective
Attenuate
Inflammation
Avert Oxidative Stress

**IMPROVE
ENDURANCE
EXERCISE
PERFORMANCE**



Nutritional value per 100 g

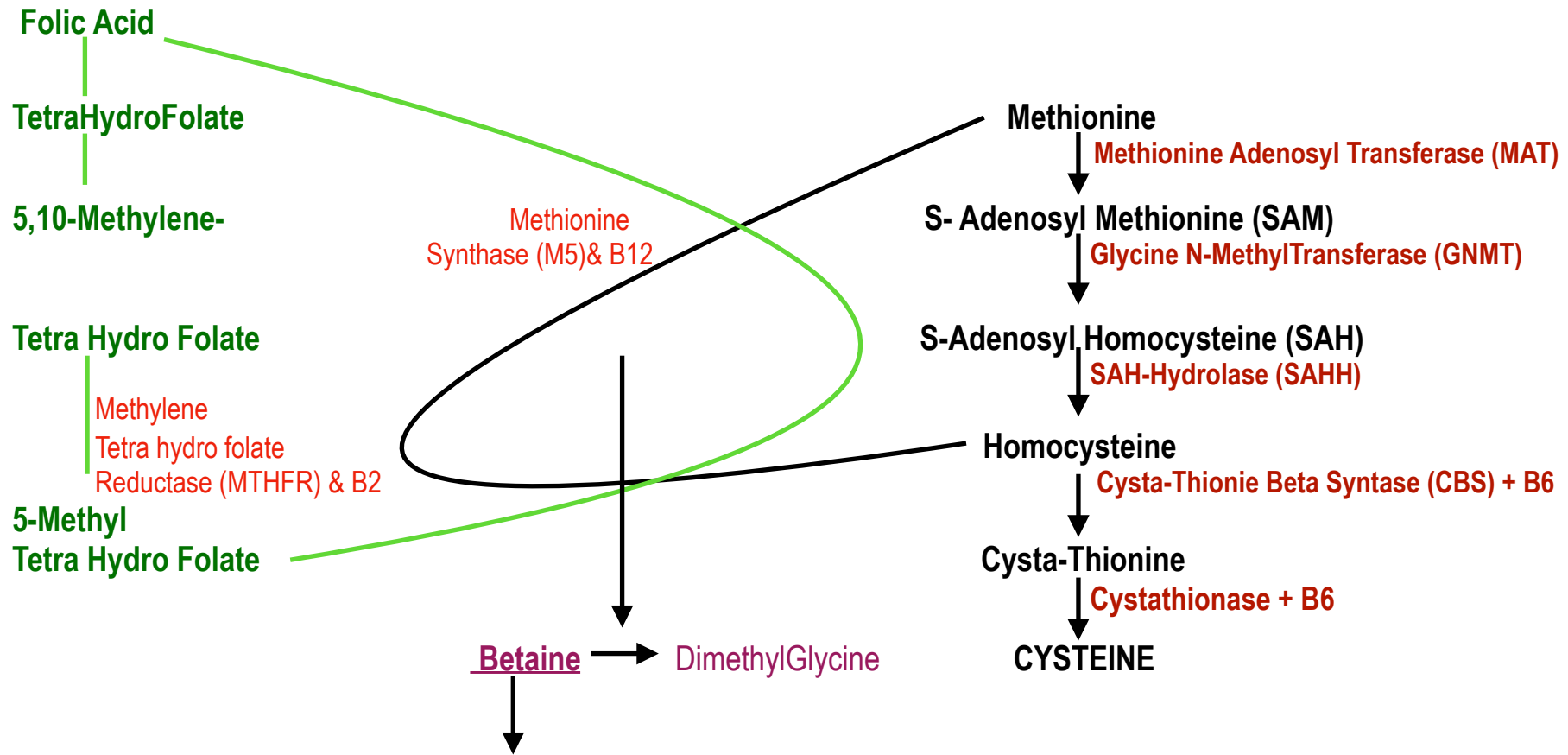
<u>Minerals</u>	%DV not Affirmed / Quantity
<u>Calcium</u>	2% / 16 mg
<u>Iron</u>	6% / 0.8 mg
<u>Magnesium</u>	6% / 23 mg
<u>Manganese</u>	16% / 0.329 mg
<u>Phosphorus</u>	6% / 40 mg
<u>Potassium</u>	7% / 325 mg
<u>Sodium</u>	5% / 78 mg
<u>Zinc</u>	4% / 0.35 mg
<u>Fat</u>	0.17 g
<u>Protein</u>	1.61 g

Nutritional value per 100 g

<u>Vitamins</u>	%DV not Affirmed / Quantity
<u>beta-Carotene</u>	0% / 20 µg
Thiamine (B1)	3% / 0.031 mg
Riboflavin (B2)	3% / 0.04 mg
Niacin (B3)	2% / 0.334 mg
Pantothenic acid (B5)	3% / 0.155 mg
Vitamin B6	5% / 0.067 mg
Folate (B9)	27% / 109 µg
<u>Vitamin C</u>	6% / 4.9 mg

restore
cerebrovascular
Haemo-dynamics

Haemo-dynamics



found naturally in Beetroot / Nutraceutical Higher Quantities in Dry Extract. eb™ BALS: Beetroot

LEFT: RE-METHYLATION CYCLE

RIGHT : TRANS-METHYLATION CYCLE

BOTTOM RIGHT: TRANS-SULFURATION PATHWAY FOR CYSTEINE

CENTRAL PATHWAY ZONE: Betaine-Homocysteine MethylTransferase (BHMT)+B12+FolicAcid ENZYMATIC LINK

**AVOCADO / AVOCADO PEAR / ALLIGATOR PEAR:
BOTANICALLY A LARGE BERRY**

**B-VITAMINS • VIT-
K • VIT-C • VIT-E •
POTASSIUM**

**HAS:
PHYTOSTEROLS
CAROTENOIDS
EG. LUTEIN & ZEAXANTHIN**

AVOCADO'S ENERGY FROM FAT: 67%
MUFA(OLEIC ACID): 67% OF TOTAL FAT
OTHER: PALMITIC ACID & LINOLEIC ACID.
SATURATED FAT:14% (PALMITIC)
TYPICAL TOTAL FAT COMPOSITION:
1%: ω -3
14%: ω -6
71%: ω -9
(65% OLEIC & 6% PALMITOIC)

**HAS: PHYTOSTEROLS & CAROTENOIDS
EG. LUTEIN & ZEAXANTHIN**

**eb™BALS: A: Avocado Extract:
Multi-Research-Review Based**

220mg Avocado Juice Extract 95%



eb™BALS: L: LemonBalm / Melissa Officinalis Extract:

Multi-Research-Review Based

200mg Herb 04:01 Extract

digestive:
gastrointestinal / liver / bile health

ANTI-STRESS & ANTI-ANXIETY: Calmness, Mood, Cognitive Performance
ANTIOXIDANT: High Flavonoids, Rosmarinic Acid, Gallic Acid & Phenolics

SWISS PHYSICIAN & ALCHEMIST PARACELSPUS'S "ELIXIR OF LIFE" & MAIN INGREDIENT OF CARMELITE WATER

used in traditional & alternative medicine as sleep-digestive aid

MEDICINAL USE (2000 YEARS AGO) THROUGH GREEKS, ROMANS & THEOPHRASTUS'S HISTORIA PLANTARUM

ANTIMICROBIAL, ANTIVIRAL, ANTISPASMODIC & ANTITUMORAL DIETARY PROPERTIES

Sleep:
Improve Sleep Quality
Improvement In Restlessness & Dys-Somnia
Reduction In Levels Of Insomnia



Soya Extract 200:1, 40% isoflavone

Phytic Acid, Dietary Mineral & B Vitamin	Phyto-Chemicals: Saponins, Are Sterols Present Naturally
Protein & Soybean Oil Content Account For 56% Of Dry Soybeans By Weight (36% Protein & 20% fat, Table)	Food & Drug Administration's Approval Of Soy As A Cholesterol Lowering Food, Along With Other Heart & Health Benefits
"Soy Is A Good Source Of Protein For Vegetarians And Vegans Or For People Who Want To Reduce The Amount Of Meat They Eat:"USFDA	Protein Digestibility Corrected Amino Acid Score (PDCAAS) Of Soy Protein Is Nutritional Equivalent Of Meat & Eggs For Human Growth
100gm Serving High Contents Of Daily Value (DV) Especially For Protein (36% DV), Dietary Fibre (37%), Iron (121%), Manganese (120%), Phosphorus (101%) & Several B Vitamins, Including Folate (94%), Vitamin K, Magnesium, Zinc & Potassium	Good Substitutes For Animal Products, Soy Offers A 'Complete' Protein Profile. Soy Protein Products Can Replace Animal Based Foods Which Also Have Complete Proteins But Tend To Contain More Fat, Especially Saturated Fat; Without Requiring Major Adjustments
American Cancer Society: "Eating Soy May Lower Risk Of Cancers Of Breast, Prostate, Or Endometrium & There Is Evidence It Lowers Risk Of Certain Other Cancers"	Soy Protein Correlated With Decreases In Serum Cholesterol, LDL & Triglycerides. However, HDL Did Not Increase By Significant Amount
Soy Isoflavone: Genistein & Daidzein: Reduce Serum Cholesterol Level	Jenkins Et Al "Soy Protein Was Found To Lower LDL By 5.2%"
FDA: "25gm Of Soy Protein Per Day, As Part Of Diet Low In Saturated Fat And Cholesterol, May Reduce Risk Of Heart Disease"	AHA "Soy Products Beneficial To Cardiovascular & Overall Health Because Of High PUFA, Fibre, Vitamin, & Mineral & Low Saturated Fat"
Soy Protein Decreases Postprandial Triglyceride Levels, Important For Reducing Coronary Heart Disease Risk	Mammalian Lignan Precursor: Seco-Iso-Lariciresinol Containing 13-273 µg / 100gm Dry Weight
High Level Of Phytic Acid: Antioxidant & Chelating Agent	Phytoestrogen Coumestans: An Isoflavone Coumarin Derivative
Soybeans And Processed Soy Foods Are Among The Richest Foods In Total Phytoestrogens	Human Breast Milk Or Cow Milk Diets Provide 0.005-0.01mg Isoflavone. While Soy-Based Formulas Provide 06-47mg Daily
U.S. National Institutes Of Health (NIH): "Gout Sufferers Should Limit Consumption Of Soy Products; Although Also Suggesting That Soy May Have Health Benefits By Reducing The Risk For Heart Disease. Previous Researches Found Little Or No Association Between Consumption Of Purine-Rich Vegetables (Including Beans) & Gout	Risk: Allergy To Soy. Soy Based Foods May Inhibit Absorption Of Thyroid Hormone Medications Required For Treatment Of Hypothyroidism. European Food Safety Authority (EFSA2015) "Intake Of Isoflavone From Supplements Did Not Affect Thyroid Hormone Levels In Postmenopausal Women"