

# The wisdom of our Matol® formula is slowly unfolding

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Matol's Health & Nutrition Board



In 1996, Dr. Sandra Price, an Exercise Science Professor at the University of Wisconsin-LaCrosse, decided to evaluate the effectiveness of a brown-colored, liquid tonic a colleague introduced her to. The tonic had an herbal smell and to some, a taste to match. Dr. Price didn't find the taste a problem, but what intrigued her were the stories she'd heard about how this product reduced fatigue, increased energy, got rid of rashes and other skin ailments, and in general, increased overall well-being. As a trained scientist and researcher, she decided to get to the "bottom" of these amazing results by testing whether people taking Matol® in a controlled experiment would feel better than people who used a placebo substitute. Her subjects were normal, healthy adults who had joined a program called the "Adult Exercise Program" at the University.

**After a trial period of three months, those individuals who used Matol® on a daily basis reported having more energy, less fatigue, and, in general, felt BETTER than those people who used the placebo. All subjects in the study were told NOT to change anything else - to only add Matol® to their diet routine.**

How does this work? How can Matol® improve overall well-being and increase energy levels? The answers lie with the ingredients found in this product. Potassium, calcium, and iron - key minerals important for normal cellular function - are found in Matol® along with 13 herbs, all of which have potent anti-oxidant activity and a wide variety of medicinal

benefits. As an example, Licorice Root is found in Matol®. Long known in Chinese medicine as an anti-inflammatory ingredi-

issue of "The Journal of Natural Products," that licorice root inhibits the growth of bacteria that is specifically responsible for dental disease (cavities). Additionally, licorice root has been shown to fight inflammation and viruses.

Along with Licorice Root, herbs found in Matol® include Passion Flower, Camomile, Thyme, Senega Root, Cascara Sagrada, Saw Palmetto Berry, Alfalfa, Dandelion Root, Horehound, Celery Seed, Gentian Root, Sarsaparilla Root, and Angelica Root. According to the official "Natural Medicines Comprehensive Database," a compendium of all herbs and plant products, each of these ingredients have anti-inflammatory properties. Recently, researchers at the National Institutes of Health, in Bethesda, MD., have identified inflammation as the primary underlying cause of almost all human disease including cardiovascular disease, diabetes, obesity, and cancers. Clearly, reducing weight, if you are overweight, and adding more physical activity into your lifestyle play heavily in preventing disease. But, mineral supplements with herbal ingredients to complement a well-balanced diet and physical activity may influence YOUR ability to prevent a chronic disease from overwhelming you and your family.



ent that fights viruses and bacteria, a new study conducted at the University of California, Los Angeles, reported in last month's



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