

## 6 Superherbs for your Wellness

### Treasure Life Cell Sp-A® (TLC Sp-A®)

**Treasure Life Cell Sp-A®** is a polyherbal concoction formulated from 6 known traditional medicine herbs used in Chinese pharmacopeia for centuries. Individually each of these herbs known to have numerous soothing and healing chattels, the active compounds have been identified and established. However, little was known or reported on their efficacy when they are blended together as polyherbal concoction. Comprehensive phytochemistry study was done to determine the polyherbal concoction active compounds constituencies.

The concoction was analysed by using LCHRMS (*Dionex Ultimate 3000 RS UPLC with Thermo Scientific Q Exactive Orbitrap Hybrid Tandem Mass Spectrometer*) conducted by SIRIM Malaysia. MZCloud (ddMS2 and/or DIA), ChemSpider (exact mass or formula) and local database searches against Mass lists (exact mass with or without RT) and mzVault spectral libraries. Twenty-seven (27) active compounds were isolated, 11 corresponded with compounds listed in the library and 16 are newly profiled compounds, herewith labelled as “Sp-A Factor” the potent component of **Treasure Life Cell Sp-A®** wellness spray. The newly profiled active compounds paper was accepted for publication in Nature Communication (Chemistry) Journal for May issue.

#### Herbs/Ingredients:

##### 1. *Astragalus mongholicus* Bunge (syn. *Astragalus membranaceus*) - Fabaceae

**Other Name(S):** Astragale, Astragali, Astragalo, Astragalus Membranaceus, Astragalus mongholicus, Astragli Membranceus, Beg Kei, Bei Qi, Buck Qi, Chinese Astragalus, Huang Qi, Huang Se, Huangqi, Hwanggi, Membranous Milk Vetch, Membranous Milkvetch, Milk Vetch, Mongolian Milk, Mongolian Milkvetch, Ogi, Phaca membranacea, Radix Astragali, Radix Astragalus

#### Possibly Effective for:

- **Reducing side effects of chemotherapy** (reduce nausea, vomiting, diarrhea, and bone marrow suppression (a decrease in the cells that provide immunity))
- **Diabetes** (help control blood sugar and insulin levels in people with type 2 diabetes)
- **Other Ethnobotanical Uses:**
  - \* **Immuno-stimulant, anti-perspirant, antidiarrheal, anti-diabetic, tonic** properties, **hay fever, kidney disease**, and many other conditions, but there is no good scientific evidence to support these uses.

#### Side Effects:

- None if consume moderately as prescribed

##### 2. **American Ginseng** (*Panax quinquefolius* L.)

**Other Names(S):** Anchi Ginseng, Baie Rouge, Canadian Ginseng, Ginseng, Ginseng Americano, Occidental Ginseng, Ontario Ginseng, *Panax Quinquefolia*, *Panax Quinquefolium*, *Panax quinquefolius*, Racine de Ginseng, Red Berry, Ren Shen, Sang, Shang, Shi Yang Seng, Wisconsin Ginseng, Xi Yang Shen.

**American ginseng** (*Panax quinquefolis*) is an herb that grows mainly in North America. People take American ginseng by mouth for **stress**, to **boost the immune system**, and as a **stimulant**. American ginseng is also used for infections of the airways such as **colds** and **flu**, for **diabetes**, and many other conditions, but there is no good scientific evidence to support any of these uses.

### Possibly Effective for

- **Diabetes.** Taking American ginseng before a meal, can lower blood sugar.
- **Infection of the airways.** Taking a specific American ginseng extract during flu season might prevent cold or flu symptoms in adults.

### Side Effects

- Side effects may include headache for long term use.

### Special Precautions and Warnings

- **Pregnancy and breast-feeding:** Stay on the safe side and avoid use.
- **Diabetes:** American ginseng might lower blood sugar.
- **Hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids:** If you have any condition that might be made worse by exposure to estrogen, don't use American ginseng that contains ginsenosides.
- **Trouble sleeping (insomnia):** If you have trouble sleeping, use American ginseng with caution.
- **Schizophrenia (a mental disorder):** Be careful when using American ginseng on people with schizophrenia as it caused insomnia and agitation in them.
- **Surgery:** Stop taking American ginseng at least 2 weeks before a scheduled surgery.

### 3. **Lycium Berries (*Lycium chinense* Mill.) - Solanaceae**

Other Name(S): Barberry Matrimony Vine, Chinese Boxthorn, Chinese Wolfberry, Di Gu Pi, Digupi, Goji, Goji Berry, Gouqizi, Kuko, Lichi, Licium Barbarum, Litchi, Lycii Berries, Lycii Chinensis, Lycii Fruit, *Lycium barbarum*, *Lycium chinense*, Lycium Fruit, Matrimony Vine, Ning Xia Gou Qi, Wolfberry, Wolf berry.

Lycium Berries or Goji is a plant that grows in the Mediterranean region and parts of Asia. The berries and root bark are used to make medicine. Goji is used for many conditions including diabetes, **high blood pressure**, fever, and age-related **eye problems**, weight loss, improving quality of life, and as a tonic. Goji contains chemicals that might help lower blood pressure and blood sugar. Goji might also help stimulate the immune system and protect organs from oxidative damage. The berries are brand a “superfood,” eaten raw or used in herbal teas, juices, wines used in cooking.

#### Possibly Effective for:

- **Diabetes.** reduces blood sugar after eating in people with diabetes. It might work best in people who are not taking medicine for diabetes.
- **Quality of life.** Drinking goji juice improves various quality of life measures. Energy, quality of sleep, mental function, bowel regularity, mood, and feelings of contentment seem to improve. Short-term memory and eyesight do not.
- **Weight loss.** While dieting and exercising decreases waist size in overweight adults better than dieting and exercising alone. But drinking the juice doesn't further improve weight or body fat.

- **Others:**
  - \* Blood circulation problems
  - \* Boost to immune system
  - \* High antioxidant levels
  - \* Vitamin C
  - \* Fiber
  - \* Iron
  - \* Vitamin A

#### Side Effects

- If you take **warfarin** (a **blood thinner**), you may want to avoid them.
- **Diabetes** drugs and **blood pressure drugs**, so talk with your doctor first.

#### 4. *Swietenia mahagoni* (L.) Jacq. – Meliaceae

**Other Name(S):** Honduran mahogany, mahogany, aguano, araputanga, aguano, araputanga, big leaf mahogany, big-leaf mahogany, caoba, caóba, cedro-í, gaúbana, honduran mahogany, honduras mahogany, hondurasmahogny, mahogany, mara, mogno, mogno-brasileiro, unsubu, yulu.

*Swietenia mahagoni*, a popular **medicinal** plant in India and some African countries, dates back to ancient times for its curative **properties** in diseases like malaria, diabetes, and diarrhea. It is also used as an anti-pyretic, bitter tonic and astringent. anti-diabetic activities comparable to the synthetic drug

#### Possibly Effective for:

- **Hypertension** – tea from seeds reduce blood pressure
- **Diabetes** – taking 2 teaspoon of seed powder with warm water help you reduce and stabilize blood sugar.
- **Malaria** – the insecticide properties in seed - help strengthen the body against diseases caused by insects.
- **Constipation** – mashed fruits in warm water helps to relieve constipation
- **Others**
  - \* anti-pyretic
  - \* bitter tonic
  - \* astringent

#### Side Effects

- **liver injury** when taking excessive **mahogany** seeds (Nausea, loss of appetite, lethargy, dark urine, the whites of the eyes turning yellow or jaundiced)
- **Saponin** will cause gallstones.
- **Saponins** also act as steroids.
- Don't consume **flavonoids** in amounts not more than 200 mg.

#### 5. *Epimedium grandiflorum* C.Morren (Horny goat weed) – Berberidaceae

**Other Name(S):** Barrenwort, *Epimedium acuminatum*, *Epimedium brevicornum*, *Epimedium grandiflorum*, *Epimedium Grandiflorum* Radix, *Epimedium koreanum*, *Epimedium macranthum*, *Epimedium pubescens*, *Epimedium sagittatum*, *Epimedium violaceum*, *Epimedium wushanense*, Herba Epimedii, Japanese *Epimedium*, Xian Ling Pi, Yin Yang Huo.

Horny goat weed or herb used to make medicine, about 15 weed species are known as "yin yang huo" in Chinese medicine. It contains phytochemicals which might help increase blood

flow and improve sexual function. It also contains phytoestrogens that might reduce bone loss in postmenopausal women.

#### **Possibly Effective for:**

The aerial parts of the plant are prepared as tea, concoction, tonic, powder or eaten fresh as vegetable.

- Aphrodisiac and erectile dysfunction (ED)
- Anti-asthmatic/ chronic bronchitis
- Antirheumatic/ arthritis
- Hypoglycaemic/ diabetic
- Hypertension/vasodilator
- Fatigue

#### **Side Effect:**

- Long-term use might cause **dizziness, vomiting, dry mouth, thirst, and nosebleed.** Taking large amounts might cause **spasms, severe abnormal heart beats and liver toxicity.**

#### **Special Precautions and Warnings**

- **Pregnancy and breast-feeding – avoid using**
- Bleeding disorders might make it worse
- **Hormone sensitive cancers** - might make estrogenic-sensitive conditions worse such as breast and uterine cancer,
- **Low blood pressure** - might lower blood pressure further
- **Surgery** - might increase the risk of bleeding during surgery

## **6. Sorghum – Poaceae**

**Other Name(S):** Andropogon sorghum, Guinea Corn, Holcus bicolor, Milium nigricans, Millet, Panicum caffrorum, Sorgho, Sorgho à Balais, Sorgho Commun, Sorgho à Graine, Sorgho Vulgaire, Sorghum bicolor, Sorghum vulgare, Sorgho.

Sorghum is a grain. It is commonly eaten as a cereal grain in Africa. The seed and leaves are also sometimes used to make medicine. Traditionally, people use sorghum for digestion problems, HIV/AIDS, **obesity, diabetes**, and other conditions, but there is no good scientific evidence to support these uses.

#### **Uses & Effectiveness?? Insufficient Evidence for**

- **HIV/AIDS.** Early research shows that taking sorghum might improve the immune system in people with HIV/AIDS already taking antiretroviral drugs.
- **Low levels of healthy red blood cells (anaemia) due to iron deficiency.** Early research shows that taking sorghum doesn't improve anaemia in people who are also taking iron supplements.
- **Obesity.** Early research shows that eating sorghum cereal each morning for 8 weeks instead of wheat cereal can reduce body fat in men who are overweight or obese. But it doesn't seem to improve body weight or body mass index (BMI).
- **Digestion problems**
- **Diabetes**

**Side Effects** There isn't enough reliable information to know of possible side effects.

**# Publication:**

Go, R., Abdallah, M.S., Mustafa, M., Looi, T.C., Choi, S., and Paik, J. and Yahya, M. (2021). Newly profiled phytochemical constituents from extract of polyherbal compound of Radix Astragali, American ginseng, Goji berry, Indian Mahogany, Horny Goat Weed and Sorghum. *Nature Communication (Chemistry)* May issue.