

# Cayenne Pepper

## Cayenne Pepper Works as an Effective Catalyst for Herbal and Nutritional Supplementation

Cayenne pepper, a member of the Capsicum species, can be used to enhance flavor and turn up the heat in some of our favorite dishes, or it can be ingested for a number of health-supporting purposes. The use of cayenne pepper dates back some 9,000 years. The Aztec Indians referred to this type of pepper as “chilli,” and many Native Americans have used cayenne pepper both in cooking and for health. Native to tropical climates, the first archeological evidence of this pepper’s cultivation was discovered in Mexico, dating back nearly 7,000 years. Cayenne pepper was later introduced in Europe and finally transported to most tropical, subtropical, and temperate zones around the globe. The health-related history of cayenne pepper began with traditional Indian Ayurvedic practitioners and continued with the Chinese, Japanese, and Korean traditional practices. The vitamins, minerals, and compounds found in cayenne pepper work to cleanse the system and promote overall health and well-being.†

## How Cayenne Pepper Keeps You Healthy

### *Maintains a healthy digestive system*

Cayenne pepper supports digestive system function by helping to cleanse the digestive tract and reduce gas buildup. Cayenne stimulates gastric juice output. Gastric juice works to help break down foods in the stomach and acts as a natural digestive agent.†

### *Maintains healthy circulation*

Cayenne pepper helps support healthy circulation and helps increase peripheral circulation in particular. Cayenne pepper contains vitamin E, a heart-healthy antioxidant, in a stable form. Vitamins C and K are nutrients associated with healthy hemostatic activity. Cayenne pepper contains these nutrients plus other synergistic cofactors that help support healthy blood flow.†

### *Enhances metabolic efficiency*

Capsaicin, an important compound in cayenne pepper, helps boost energy expenditure in the body, thereby increasing the basal metabolism rate.†

### *Strengthens the immune system*

Cayenne pepper is one of the better botanical sources of vitamin C and is often used to induce intense sweating. Cayenne pepper also contains folic and pantothenic acids, plus the vitamins A and B complex.†

### *Enhances the efficacy of other herbal and nutritional supplements*

Cayenne pepper is a catalyst for other herbs, primarily due to its oleoresin content, transporting them quickly to where they are needed most.†

*Please copy for your patients.*

**GF** This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. **V** Vegetarian (Lacto-ovo)  
†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 2001



**Content:**

150 capsules

**Suggested Use:** One capsule per day, or as directed.

**Supplement Facts:**

Serving Size: 1 capsule

Servings per Container: 150

	Amount per Serving	%DV
Calories	2	
Cayenne Pepper ( <i>Capsicum annuum</i> )	350 mg	
	35,000 Scoville units	

**Ingredients:** See Supplement Facts.

Other Ingredients: Cellulose, water, and calcium stearate.

**Caution:** Exceeding recommended dosage may cause stomach irritation. Keep out of reach of children. Avoid contact with injured or open skin. Avoid use during pregnancy and lactation. Contraindicated with pepper, celery, mugwort, and birch-pollen allergies.

Sold through health care professionals.



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## What Makes Cayenne Pepper Unique

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### *Product Attributes*

Ingredients are derived from whole food sources

- › Each capsule contains 350 mg (35,000 Scoville units) of cayenne pepper

### *Manufacturing and Quality-Control Processes*

Not disassociated into isolated components

- › The nutrients in Cayenne Pepper are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

### **Whole Food Philosophy**

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

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Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Cayenne Pepper.

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