



Spectrum AR

Concentrated Aromatic Formula
for Optimal GI Support*

Spectrum AR is a high potency nutritional supplement blending oils and extracts from the aromatic mint family along with ginger and cloves. Thyme oil and ginger extract are the dominant ingredients known for their ability to aid in digestion.* The unique and specific combination of extracts and oils contained in the Spectrum AR formula helps support the health of the gastrointestinal tract based on their powerful anti-oxidative and anti-inflammatory properties.*^{1,2}

How Spectrum AR Works

The inhabitants of the eastern Mediterranean region have used the individual ingredients in Spectrum AR for thousands of years for healing purposes in natural remedies. The oils and extracts are well documented in modern scientific research for their antioxidant and anti-inflammatory properties in current wellness practices.*^{3,4}

Ginger extract (300 mg) and thyme oil (200 mg) blend together to counteract oxidative stress to promote healthy cells and support a healthy gastrointestinal tract.*^{1,2}

Thyme, oregano, and clove leaf oils all contain the carvacrol and thymol phenols recognized for their health properties.*^{5,6,7}

The extracts of lemon balm, ginger, and sage leaf provide protection and stabilization of the fragile oils and additional antioxidant and anti-inflammatory properties to support optimal GI health.*^{2,3,4}

Spectrum AR Supplementation

Clinical research studies on the individual oils and extracts contained in Spectrum AR show similar outcomes and benefits from consuming these naturopathic ingredients, which may include:

- Promotes healthy cellular metabolism by reducing oxidative stress*
- Supports healthy digestive function*



Form: 60/120 Softgels

Serving Size: 1 Softgel

Ingredients	Amount	%DV
Ginger Extract (root; <i>Zingiber officinale</i> ; standardized to 5% gingerols)	300 mg	*
Thyme Oil (<i>Thymus vulgaris</i> ; standardized to 55 mg thymol per serving)	200 mg	*
Clove Leaf Oil (leaf; <i>Syzygium aromaticum</i>)	100 mg	*
Oregano Oil (<i>Origanum vulgare</i> ; standardized to 55 mg carvacrol per serving)	125 mg	*
Sage Leaf Extract (leaf; <i>Salvia officinalis</i>)	75 mg	*
Lemon Balm Extract (leaf; <i>Melissa officinalis</i>)	50 mg	*

Other Ingredients:

Rice bran oil, gelatin, glycerin, yellow beeswax, purified water, carob, fumed silica, sunflower lecithin.

Directions:

Take one softgel three times daily before or with meals and a full glass of water, or as directed by your healthcare practitioner.

Warning: Do not use if pregnant or breastfeeding. Keep out of the reach of children.

Caution: Swallow softgel whole, do not open or chew. If you experience gastrointestinal discomfort or heartburn (reflux), please discontinue use until you are able to speak with your healthcare practitioner. If taking medication please consult your healthcare practitioner before use.



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A
cGMP FACILITY

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

1. Youdim, K., & Deans, S. (2000). Effect of thyme oil and thymol dietary supplementation on the antioxidant status and fatty acid composition of the ageing rat brain. *British Journal of Nutrition*, 83(1), 87-93.
2. Shukla, Y., & Singh, M. (2007). Cancer preventive properties of ginger: A brief review. *Food and Chemical Toxicology*, 45(5), 683-690.
3. Hamidpour, M., Hamidpour, R., Hamidpour, S., & Shahlari, M. (2014). Chemistry, Pharmacology, and Medicinal Property of Sage (*Salvia*) to Prevent and Cure Illnesses such as Obesity, Diabetes, Depression, Dementia, Lupus, Autism, Heart Disease, and Cancer. *Journal of traditional and complementary medicine*, 4(2), 82-8.
4. Moradkhani, H., Sargsyan, E., Bibak, H., Naseri, B., Sadat-Hosseini, M., Fayazi-Barjin, A., & Meftahizade, H. (2010). *Melissa officinalis* L., a valuable medicine plant: A review. *Journal of Medicinal Plants Research*, 4(25), 2753-2759
5. Chaieb, K., Hajlaoui, H., Zmantar, T., Kahla-Nakbi, A. B., Rouabhia, M., Mahdouani, K., & Bakhrouf, A. (2007). The chemical composition and biological activity of clove essential oil, *Eugenia caryophyllata* (*Syzygium aromaticum* L. Myrtaceae): A short review. *Phytotherapy Research*, 21(6), 501-506
6. Chemat, S., Cherfouh, R., Meklati, B. Y., & Belanteur, K. (2012). Composition and microbial activity of thyme (*Thymus algeriensis genuinus*) essential oil. *Journal of Essential Oil Research*, 24(1), 5-11
7. Nostro, A., Roccaro, A. S., Bisignano, G., Marino, A., Cannatelli, M. A., Pizzimenti, F. C., Cioni, P. L., Procopio, F., & Blanco, A. R. (2007). Effects of oregano, carvacrol and thymol on *Staphylococcus aureus* and *Staphylococcus epidermidis* biofilms. *Journal of Medical Microbiology*, 56, 519-523.