Kyäni Health Triangle™

Kyäni’s high-impact products are based on cutting-edge science and nutrition. The Kyäni Health Triangle™ features Kyäni Sunrise™, Kyäni Sunset™, and Kyäni Nitro FX™. These products give you and your family the proven health benefits of Wild Alaskan Blueberries, Tocotrienols (the most potent form of vitamin E), omega-3 fatty acids, and Nitric Oxide all in one easy-to-use system. Each of these ingredients has substantial, third-party data and scientific evidence to show their effectiveness on the body in laboratory research, animal studies, and even human clinical trials. We invite you to learn more about the power of Kyäni and Experience More!

Components

The Kyäni Health Triangle features Wild Alaskan Blueberries, Tocotrienols (the most potent form of vitamin E), and Nitric Oxide. Each of these ingredients were specifically included due to their powerful effects on the human body. Kyäni makes it easy to learn more about the components found in these high-impact products. Perhaps more importantly, you can learn as little or as much as you want. With the general overview, you can understand the basics. The additional references give you access to scientific studies so you can read about the latest new research, find out more about a specific area of the body, and improve overall health. But don’t take our word for it! These ingredients have been studied extensively by doctors and scientists around the world—and the results are simply miraculous!
Blueberries

Researchers have found that blueberries contain many health-promoting properties including high levels of antioxidants. A study conducted by the US Department of Agriculture determined that blueberries have the highest total antioxidant capacity per serving when compared to 24 varieties of fresh fruits, 23 vegetables, 16 herbs and spices, 10 different nuts, and 4 dried fruits.

Due to the harsh growing conditions of Alaska, Wild Alaskan Blueberries have even higher nutritional values than common blueberries. In fact, studies have shown that Wild Alaskan Blueberries have at least ten times higher antioxidant levels than the common blueberry.

**COGNITIVE HEALTH**

*"When it comes to brain protection, there is nothing quite like blueberries. Call the blueberry the brain berry."*

-Dr. James Joseph, Ph D,
  Lead scientist in the Laboratory of Neuroscience at the USDA Nutrition Research Center On Aging at Tufts University

Dr. James Joseph’s landmark animal studies on blueberries demonstrated that daily consumption of modest amounts of blueberries dramatically slows impairments in memory and motor coordination that normally accompanies aging. Research published in the journal Neurobiology of Aging showed nutritional antioxidants found in blueberries can reverse age-related declines in neuronal, cognitive, and motor deficits. Researchers speculated that blueberry supplementation may also help slow declines in brain function that accompany diseases such as amyotrophic lateral sclerosis (ALS), Alzheimer’s disease, and Parkinson’s disease.

Another study published in the journal Nutritional Neuroscience found that a blueberry-supplemented diet greatly enhanced the spatial memory of laboratory animals. When later studied in vitro, the animals’ brains demonstrated structural changes associated with an improved capacity for learning.

**REDUCTION IN BELLY FAT**

A study by the University of Michigan Cardiovascular Center suggested that eating blueberries could help get rid of belly fat. The research shows the potential of blueberries reducing risk
factors for cardiovascular disease and metabolic syndrome. The effect is thought to be due to the high level of phytochemicals (naturally occurring antioxidants) that blueberries contain.

Steven Bolling, M.D., a U-M heart surgeon and head of the Cardioprotection Laboratory, says: “The benefit of eating fruit and vegetables has been well-researched, but our findings in regard to blueberries show the naturally occurring chemicals they contain, such as anthocyanins, show promise in mitigating these heart conditions.”

**BENEFIT FOR ATHLETES**

According to findings published in Molecular Nutrition and Food Research, blueberries--which contain polyphenols--may counter the detrimental effect of oxidative stress caused by excessive exercise of athletes and can prevent chronic degenerative conditions that are common among athletes due to the free radicals produced during excessive exercise. Blueberries, being nature’s most potent antioxidant, are extremely beneficial for these athletes.

**HEART HEALTH**

A study published in the Journal of Medical Foods shows that blueberries may help in preventing heart disease and strokes. Another study published in the Journal of Agriculture and Food Chemistry showed that blueberries lowered cholesterol levels, which helps to lower the risk of heart disease.

**Studies on Blueberries:**


Journal of Agricultural and Food Chemistry, 2004 Jun 16;52(12):4026-37


Tocotrienols

Tocotrienols (bixa orellana) are part of the Vitamin E family. Tocotrienols were originally discovered by Pennock and Whittle in 1964. In the early 1980s, Tocotrienols were shown to lower cholesterol. Shortly thereafter, during the 1990s, Tocotrienols started being investigated for their anti-carcinogenic properties. Since then, Tocotrienols have been studied extensively in numerous clinical trials and are proven to reduce blood cholesterol levels by 5–35 percent.

The Vitamin E Family

Tocopherol (T)
5. Alpha-T
6. Beta-T
7. Gamma-T
8. Delta-T

Tocotrienols (T3)
1. Alpha-T3
2. Beta-T3
3. Gamma-T3
4. Delta-T3

Studies on Tocotrienols

http://en.wikipedia.org/wiki/Tocotrienol


(Tocotrienols and Heart Health


**Astaxanthin**


**Tocotrienols and Radiation**


**Nitric Oxide**

Nitric Oxide is a simple molecule, made up of one part nitrogen and one part oxygen. Scientists and researchers around the globe have been astonished by the seemingly limitless list of the functions of Nitric Oxide in the body. “In my 25 years of research, I have never seen a molecule that so pervasively influences normal and abnormal body functions,” said Dr. Solomon Snyder, the director of neuroscience at Johns Hopkins Medical School.

Despite the significance of this molecule, Nitric Oxide is relatively unknown outside the medical research community. Nitric Oxide is
Nitric Oxide is a highly reactive gas that is naturally produced in the human body. Nitric Oxide is the most important signaling molecule in the body. It affects a wide range of physiological functions including circulation, inflammation, learning and memory, digestion, penile erection, and oxygen release in tissues from red blood cells. It plays a significant role in many important chemical reactions. Sadly, most people are deficient in the natural production of Nitric Oxide required to maintain optimal health. With today’s fast-paced lifestyle and factors like lack of exercise, poor diet, soil mineral depletion, cigarette smoke, and other air pollutants, the need for higher levels of Nitric Oxide in humans is of critical importance.

Scientifically speaking, Nitric Oxide can be produced in the body through the process of converting L-arginine (one of the 20 amino acids) into citrulline. However, more and more research suggests that L-arginine has potentially negative side effects. Additionally, many co-factors are required to convert L-arginine into Nitric Oxide. Alternatively, Nitric Oxide can be produced more efficiently from substances known as nitrates and nitrites found in plants like Morinda Citrofolia (noni).

During 1999 and 2000, Dr. Thomas Burke and his researchers at Integrated Systems Physiology, an independent lab in Denver, Colorado, conducted in vitro experiments. They tested diluted noni juice on endothelial cells, the cells that line the inner surface of blood vessels proving that noni fruit juice created Nitric Oxide! Their findings suddenly helped to explain the enormous benefits people were seeing from their consumption of noni juice.

Having isolated the main mechanism by which noni works in the body, Kyäni Nitro FX™ and Kyäni Nitro Xtreme™ were developed. Using a proprietary blend of noni concentrate, these extraordinary products utilize groundbreaking research to unlock the secret of noni.

"In my 25 years of research, I have never seen a molecule [like Nitric Oxide] that so pervasively influences normal and abnormal body functions." - Dr. Solomon Snyder, Director of Neuroscience, John Hopkins Medical School

Additional Benefits of Nitric Oxide

Nitric Oxide positively affects nearly every system in the body, promoting better health and wellness. Well-documented as a vasodilator, Nitric Oxide expands the blood vessels, resulting in improved cardiovascular health. But that’s just the beginning. Look at how many more ways Nitric Oxide can benefit the human body...

- Help cells burn more fat
- Promotes wound healing
- Reduces pain
- Encourages lung health
- Inhibits viruses and bacteria
- Improves digestive function
- Provides restful sleep
- Maintains healthy blood sugar levels

Fact: If you cut off the oxygen to the heart, the heart will suffer irreversible damage or cell death in 5-7 minutes. If you terminate nitric oxide, it takes only 10-15 seconds.
**Studies on Nitric Oxide**


Reproductive and Cardiovascular Disease Research Group http://www.sgul.ac.uk/depts/immunology/~dash/

Arthritis Research & Therapy http://arthritis-research.com/content/8/5/R140

UC Irvine researchers reveal structure of molecule that regulates blood pressure http://www.ucihealth.com/News/Releases/122298BP.htm


Spiraling high blood pressure linked to Nitric Oxide deficiency http://www.ucihealth.com/News/Releases/nitricOxideAndBloodPressure.htm

NITRIC OXIDE PREVENTS BLOOD VESSEL INFLAMMATION http://www.hopkinsmedicine.org/Press_releases/2003/10_17_03.html

Study Points to Role of Nitric Oxide in New Treatments for Sickle Cell Anemia

Cortical feedback to the thalamus is selectively enhanced by nitric oxide.

Nitric Oxide Deficiency Raises Cardiovascular Disease Risk in African Americans

Study: Nitric Oxide Key to Brain 'Booting Up'
http://www.foxnews.com/story/0,2933,208986,00.html

Heart Disease Risk Factor #1: Nitric Oxide
http://www.rd.com/content/openContent.do?contentId=15964

Nitric Oxide Converted in the Stomach

Nitric Oxide and the Blood


Blood flow and Alzheimer's

Bone Health


Nitric Oxide and Recovery
Kyäni Sunrise™

Kyäni Sunrise™ is a liquid dietary supplement featuring the Wild Alaskan Blueberry and nine additional Superfoods. It is also fortified with essential vitamins and trace minerals. Blueberries are well-known for their health benefits, particularly because they boast powerful anti-oxidants. Anti-oxidants are critical to maintaining your health because they help protect your cells from damage that leads to inflammation, aging, and disease. Kyäni Sunrise™ is also enriched with Vitamin A, E, C, D, B complex, folic acid, biotin, taurine, inositol, choline, and trace minerals, making it so much more than just another juice. It’s “Wellness. Simplified.”

9 Reasons to Drink Kyäni Sunrise™

- Enables Effective Stress Management*
- Maintains Heart Health*
- Supports the Immune System*
- Encourages Health Digestion*
- Promotes Joint Flexibility*
- Helps Maintain Energy*
- Supports Cognitive Function*
- Promotes Positive Mental Health*
- Provides Increased Cellular Support*

"Kyäni Sunrise™ is a very unique product. It has high ORAC values that defend against free radicals and a multiplicity of vitamins important for overall health. Consuming Kyäni Sunrise™ every day has profound effects that can improve your life." - Dr. Burke, PhD

The Power of Superfoods

Kyäni Sunrise™ offers you all the nutrients you and your family need to achieve optimal health thanks to the power of Wild Alaskan Blueberries and nine additional Superfoods. With one delicious, easy-to-use product, your body gets all of the vitamins, trace minerals, and nutrients it needs to Experience More.

Wild Alaskan Blueberry
Antioxidant powerhouse
Promotes heart health, cognitive function, and healthy digestion

Concord Grapes
Known as the “Hormone of Youth”
Excellent for the skin, heart, and brain
**Red Raspberry**  
Anti-inflammatory, anti-bacterial, and anti-fungal functions  
Supports healthy digestion

**Pomegranate**  
Promotes heart health  
Powerful anti-oxidant

**Aloe Vera**  
Known as “Nature’s Healer”  
Encourages joint flexibility

**Noni**  
Promotes Nitric Oxide production, leading to increased energy  
Enhances the immune system

**Cranberry**  
Helps maintain a healthy digestive system  
Improves cognitive function

**Wolfberry (Goji Berry)**  
Helps maintain a healthy immune system  
Enhances mineral absorption

**Grape Seed/ Grape Skin**  
Promotes heart health  
Contains anti-viral and anti-inflammatory functions
Anti-oxidants and Free Radicals

By definition, free radicals create “natural or unnatural damage to the cell.” When the cell is under stress, free radicals borrow an electron (on the cellular level) from other cells, depleting the new cell of an electron. This creates a vicious cycle of free radical formation.

While the formation of free radicals is a common practice, free radicals are very dangerous and harmful to the body. They contribute to premature aging, diseases, damaged systems, etc. Anti-oxidants help combat the vicious cycle of free radical damage. They sacrifice their electrons to needy molecules so more cells aren’t damaged, protecting your cells from damage that leads to inflammation and disease.

Kyäni Sunrise™ is a powerful anti-oxidant. As a water soluble, anti-oxidant product, Kyäni Sunrise™ fights free-radicals everywhere that there is water in the body. Because our bodies are 80 percent water, Kyäni Sunrise™ can make a big impact.

Failing Nutrition

A study conducted by the United States Department of Agriculture (USDA) found that a significant number of the U.S. population receives well under 70 percent of the U.S. Reference Daily Intakes (RDI) for vitamins A, C, B and the essential minerals.

As a result, the Journal of American Medical Association reported, “As most people do not consume an optimal amount of all vitamins by diet alone, it appears prudent for all adults to take vitamin supplements.”

Another study found that simply using a high potency multivitamin like Kyäni Sunrise™ with Vitamins A, C, and E for seven years lowered mortality risks by 15 percent!

Sources:


Centrum Comparison

See how Kyäni Sunrise™ compares with the leading brand of multi-vitamin, Centrum.

<table>
<thead>
<tr>
<th>Vitamin/ mineral</th>
<th>Centrum</th>
<th>Kyani Sunrise</th>
<th>Which has more?</th>
<th>How much more?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>3500 IU</td>
<td>5000 IU</td>
<td>Kyani Sunrise</td>
<td>43%</td>
</tr>
<tr>
<td>Thiamin</td>
<td>1.5 mg</td>
<td>27 mg</td>
<td>Kyani Sunrise</td>
<td>1700%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>1.7 mg</td>
<td>1.7 mg</td>
<td>same</td>
<td>100%</td>
</tr>
<tr>
<td>Niacin</td>
<td>20 mg</td>
<td>30 mg</td>
<td>Kyani Sunrise</td>
<td>50%</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>2 mg</td>
<td>25 mg</td>
<td>Kyani Sunrise</td>
<td>1150%</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>400 mcg</td>
<td>400 mcg</td>
<td>same</td>
<td>NA</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>6 mcg</td>
<td>200 mcg</td>
<td>Kyani Sunrise</td>
<td>9900%</td>
</tr>
<tr>
<td>Biotin</td>
<td>30 mcg</td>
<td>150 mcg</td>
<td>Kyani Sunrise</td>
<td>400%</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>10 mg</td>
<td>125 mg</td>
<td>Kyani Sunrise</td>
<td>1150%</td>
</tr>
</tbody>
</table>

In addition, Kyäni Sunrise™ features many other vitamins, trace minerals, and other nutritional elements not found in Centrum including….

Choline 25 mg
PABA 25 mg
Taurine 1000 mg
L-Theanine 100 mg
Inositol 25 mg
Trace Minerals 50 mg
Wellness Simplified

As one of the world’s leading nutraceutical companies, Kyäni offers you and your family wellness, simplified. Just look at all of the healthy foods you would need to consume to equal one serving of Kyäni Sunrise™!

**Kyäni Sunrise =**

- **Vitamin A**
  - 25 cups of cabbage

- **Vitamin C**
  - 8 apples

- **Vitamin D**
  - 17 eggs

- **Vitamin E**
  - 80 cups of broccoli

- **Thiamin (Vitamin B1)**
  - 96 cups of kidney beans

- **Riboflavin (Vitamin B2)**
  - 7 cups of green peas

- **Niacin (Vitamin B3)**
  - 46 cups of kale

- **Vitamin B6**
  - 61 cups of avocados

- **Folate (Folic Acid)**
  - 23 cups of carrots

- **Vitamin B12**
  - 80 oz. of sardines

- **Biotin USP**
  - 14 cups of Swiss chard

- **Pantothenic Acid USP (Vitamin B5)**
  - 173 cups of winter squash

- **Choline (Choline Bitartrate USP)**
  - 8 oz. soymilk

- **Para Amniobenzoic Acid**
  - 1 cup of bran flakes

- **Taurine**
  - 8 oz. of Alaskan salmon

- **L-theanine**
  - 80 oz. of green tea

- **Inositol**
  - 1 cup of beets

PLUS...

An additional 50 mg of trace minerals
Vitamins and Trace Minerals

Kyäni Sunrise™ contains many health-promoting vitamins and trace minerals including:

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>Vitamin E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B-1</td>
<td>Vitamin B-9</td>
</tr>
<tr>
<td>Vitamin B-2</td>
<td>Biotin</td>
</tr>
<tr>
<td>Vitamin B-3</td>
<td>Choline</td>
</tr>
<tr>
<td>Vitamin B-5</td>
<td>PABA</td>
</tr>
<tr>
<td>Vitamin B-6</td>
<td>Taurine</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>L-Theanine</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Inositol</td>
</tr>
<tr>
<td>Vitamin D-3</td>
<td>Trace Minerals</td>
</tr>
</tbody>
</table>

**Vitamin A (Palmitate)**
Maintains healthy eyesight
Promotes strong bones and teeth
Essential for healthy skin
Supports a health immune system
Encourages embryonic development
Promotes healthy epithelial tissue (the tissue that lines the body’s external and internal surfaces)

Kyäni Sunrise contains 5,000 IU of Vitamin A per 1 oz. serving.

**Vitamin B-1 (Thiamine)**
Encourages the body to detoxify
Maintains a healthy heart
Promotes a healthy nervous system
Converts proteins, carbohydrates, and fats into energy

Kyäni Sunrise™ contains 27 mg of Vitamin B-1 per 1 oz. serving.

**Vitamin B-2 (Riboflavin)**
Provides energy to cells in the body
Maintains normal hormone levels
Encourages the production of healthy blood cells
Promotes neurotransmitter function
 Maintains healthy eyes and skin

Kyäni Sunrise™ contains 1.7 mg of Vitamin B-2 per 1 oz. serving.
**Vitamin B-3 (Niacin)**
Essential for a healthy nervous system
Maintains proper digestive function
Helps hormone production
Helps convert proteins, carbohydrates, and fats into energy
Encourages the production of healthy blood cells

Kyäni Sunrise™ contains 30 mg of Vitamin B-3 per 1 oz. serving.

**Vitamin B-5 (Pantothenic acid)**
Supports normal growth and development
Helps with stress (called the anti-stress vitamin)
Helps convert proteins, carbohydrates, and fats into energy
Assists in wound healing
Plays a role in the production of bile, vitamin D, red blood cells, adrenal gland hormones, and neurotransmitters.

Kyäni Sunrise™ contains 125 mg of Vitamin B-5 per 1 oz. serving.

**Vitamin B-6 (Pyridoxine)**
Supports a healthy heart and circulation
Promotes proper nerve function
Encourages a healthy immune system
Maintains muscle function
Helps convert proteins, carbohydrates, and fats into energy
Plays a role in the production of hormones, red blood cells, enzymes, brain function, and skin health

Kyäni Sunrise™ contains 25 mg of Vitamin B-6 per 1 oz. serving.

**Vitamin B-12 (Cyanocobalamin)**
Essential to the production of red blood cells
Assists in the creation of DNA material
Supports a healthy nervous system
Helps convert proteins, carbohydrates, and fats into energy

Furthermore, a new study published in the journal, Neurology, shows that deficiencies in Vitamin B-12 are associated with memory and thinking problems, as well as brain shrinkage that may contribute to cognitive problems.

Kyäni Sunrise™ contains 200 mcg of Vitamin B-12 per 1 oz. serving.
**Vitamin C (Ascorbic acid)**
Prevents free radical damage  
Vital for a healthy immune system  
Essential to the production of collagen (necessary for tissue repair)  
Promotes healthy gums, skin, and vision  
Helps synthesize hormones

Kyäni Sunrise™ contains 60 mg of Vitamin C per 1 oz. serving.

**Vitamin D-3 (Cholecalciferol)**
Essential for strong bones and teeth  
Maintains a healthy immune system  
Promotes improved memory and cognition  
Encourages healthy glucose metabolism

Kyäni Sunrise™ contains 400 IU of Vitamin D-3 per 1 oz. serving.

**Vitamin E**
Protects cell membranes  
Protects against free radical damage  
Helps prevent numerous aging-related conditions  
Serves as a powerful antioxidant  
Encourages a healthy nervous system  
Supports healthy skin  
Promotes wound healing and reduced scarring

Kyäni Sunrise™ contains 60 IU of Vitamin E per 1 oz. serving.

**Vitamin B-9 (Folic Acid)**
Helps in the production of genetic material (DNA and RNA)  
Vital to healthy cell division and replication  
Promotes proper fetus development  
Encourages a healthy gastrointestinal tract  
Supports the immune system  
Maintains healthy gums, red blood cells, and skin

Kyäni Sunrise™ contains 400 mcg of Vitamin B-9 per 1 oz. serving.
**Biotin**
Promotes energy metabolism
Maintains healthy hair, skin, and nails
Essential for the growth and development of children
Helps convert proteins, carbohydrates, and fats into energy

Kyäni Sunrise™ contains 150 mcg of Biotin per 1 oz. serving.

**Choline**
Supports nerve and brain function
Essential for fat metabolism
Regulates the flow of nutrients in and out of the cell

Kyäni Sunrise™ contains 25 mg of Choline per 1 oz. serving.

**PABA (Para Amino Benzoic Acid)**
Increases the effectiveness of Vitamin B and C
Protects the skin
Promotes the metabolism of proteins

Kyäni Sunrise™ contains 25 mg of PABA per 1 oz. serving.

**Taurine**
Promotes a healthy heart
Supports proper vision
Normalizes blood pressure and cholesterol levels
Helps detoxify the body
Decreases lactic acid to reduce fatigue

Kyäni Sunrise™ contains 1,000 mg of Taurine per 1 oz. serving.

**L-Theanine**
Promotes relaxation response to decrease stress
Enhances alpha waves in the brain
Serves as a powerful antioxidant
Improves immune function
Supports blood flow

Kyäni Sunrise™ contains 100 mg of L-Theanine per 1 oz. serving.
**Inositol**
Essential for DNA production
Supports nerve transmission
Vital to the growth and reproduction of cells
Promotes healthy pregnancy
Helps metabolize fat

Kyäni Sunrise™ contains 25 mg of Inositol per 1 oz. serving.

**Trace Minerals**
Promotes healthy red blood cells
Regulates insulin production
Essential for stabilizing cells
Maintains proper pH levels
Helps produce new proteins and energy for the body
Required by every organ in the body

Kyäni Sunrise™ contains 50 mg of Trace Minerals per 1 oz. serving.

**Kyäni Nitro FX™**
Kyäni NitroFX™ is a proprietary blend of noni concentrate that has been proven to increase the production of Nitric Oxide (NO). Also known as “The Molecule of Life,” Nitric Oxide repairs, defends, and maintains every cell of the body. Studied extensively by researchers and physicians, Nitric Oxide has been touted as a powerful, health-promoting molecule by tens of thousands of scientific papers.

**9 Reasons to Take Kyäni Nitro FX™**
- Helps Support Proper Circulation*
- Helps Reduce Inflammation*
- Encourage Heart Health*
- Improves Sexual Health*
- Supports Cognitive Function*
- Sustains the Immune System*
- Promotes Nutrient Absorption*
- Encourages Blood Flow*
- Promotes Increased Energy*
Nitric Oxide: The Molecule of Life

- In 1998, three scientists were awarded the Nobel Prize in Physiology or Medicine for their work on nitric oxide. Now called “The Molecule of Life,” Nitric Oxide has been shown to positively influence blood circulation, inflammation, brain function, digestion, and even sexual function. One of nitric oxide’s most important functions is its ability to expand the blood vessels, leading to improved circulation and heart health.
- Nitric Oxide helps maintain, defend, and repair every cell of the body. In fact, Nitric Oxide is one of the most important molecules to human life. In 1992, it was named “The Molecule of the Year” by Science Magazine. In 1998, it brought the Nobel Prize for Medicine to three scientists, Robert Furdhgott, Luis Ignarro, and Ferid Murad, for their discovery of the signaling properties of Nitric Oxide. In his presentation speech, Professor Sten Lindahl of the Nobel Committee stated, “Your discoveries concerning Nitric Oxide as a signaling molecule in the cardiovascular system...has opened new avenues for patient treatment and diagnoses of various diseases.”
- The scientific literature on Nitric Oxide is growing exponentially, and today there are more than 110,000 scientific papers published regarding some aspect of Nitric Oxide and its beneficial role in patient care. But the most important fact in all this is that it brings better health to millions around the world.

- “In my 25 years of research, I have never seen a molecule [like Nitric Oxide] that so pervasively influences normal and abnormal body functions.” - Dr. Solomon Snyder, Director of Neuroscience, John Hopkins Medical School

Sexual Health and E.D.

Erectile dysfunction (also know as E.D.) is the chronic inability of a man to achieve or maintain an erection. Statistics show approximately one-third of men in their 50s and one-half of men in their 60s suffer from E.D., dramatically impacting the sexual health and sexual satisfaction of themselves and their partners. As a result, erectile dysfunction drugs make more than $3 billion dollars per year. The costs of the medications used to treat E.D. are astronomical. The most popular prescription costs approximately $15 per pill and the manufacturer claims that nine pills are dispensed every second adding up to nearly 300 million pills per year!

Studies have shown that erectile dysfunction is the direct result of decreased blood flow to the genital area. Prescription drugs are specifically designed to stimulate blood flow to the penis. Thankfully, these expensive and dangerous medications aren’t the only option out there.

Nitric Oxide (NO) is proven to stimulate blood flow throughout the body. This “Molecule of Life” serves as a vasodilator, expanding the blood vessels and increasing circulation. Over 112,000 papers discussing NO are listed on PubMed, clearly showing that this molecule improves the health of every system of the body including sexual organs.

Research has also shown that erectile dysfunction may be yet another sign of insufficient Nitric Oxide. As we age, the body’s natural ability to produce NO is drastically reduced. E.D. typically impacts mature men. Additionally, many of the key ingredients in E.D. prescriptions are designed to increase the production of Nitric Oxide thereby stimulating blood flow to the penis. Kyåni Nitro FXTM and Kyåni Nitro XtremeTM have been proven to increase the production of Nitric Oxide with the natural power of Noni concentrate. Try Kyåni Nitro FXTM and Kyåni Nitro XtremeTM for yourself and Experience More with Kyåni!
Kyäni Nitro Xtreme™

Kyäni Nitro Xtreme™ is a proprietary blend of Noni plant shown to increase the production of Nitric Oxide (NO). Also known as “The Molecule of Life,” Nitric Oxide repairs, defends, and maintains every cell of the body. Nitric Oxide has been studied extensively by researchers and physicians and is touted as a powerful, health-promoting molecule by tens of thousands of scientific papers.

Built on the strong foundation of Kyäni Nitro FX™, Kyäni Nitro Xtreme™ contains higher nitrate levels plus CoQ10, Magnesium, Zinc, Chromium, and Niacin. These additional ingredients help increase the production of Nitric Oxide in the body.

9 Reasons to Take Kyäni Nitro Xtreme™

• Promotes Increased Energy*
• Promotes Cardiovascular Health*
• Helps Reduce Inflammation*
• Improves Muscle Recovery
• Supports Cognitive Function*
• Supports Muscle Contraction and Relaxation*
• Maintains the Immune System*
• Maintains Healthy Blood Sugar Levels*
• Supports the Digestive Tract*

A Powerful Formula: Kyäni Nitro Xtreme™

• Based on the formulation of Kyäni Nitro FX™, Kyäni Nitro Xtreme™ contains additional components to increase the production of Nitric Oxide in the body. Research shows that the combination of these five ingredients enhances the production of Nitric Oxide in the body and maximizes the body’s potential to utilize it.

• CoQ10
Coenzyme Q10 (CoQ10) is an anti-oxidant produced by the human body. It is required for the basic functioning of cells. CoQ10 helps generate up to 95 percent of the human body’s energy. CoQ10 levels are reported to decrease with age and chronic diseases. This molecule also promotes cardiovascular health and improved blood flow.

• Magnesium
Magnesium helps convert carbohydrates, protein, sugars, and fats into energy. It also supports muscle relaxation and contraction as well as nerve transmission. Some studies show that increased magnesium is one of the most effective ways to boost energy. The Journal of Nutrition reported that low magnesium levels take a significant toll on the body’s energy supply.
• **Zinc**
  Essential to more than 300 enzymes in the body, zinc plays an important role in maintaining a healthy immune system, energy metabolism, protein synthesis, blood sugar balance, wound healing, and brain function.

• **Chromium**
  Chromium helps turn carbohydrates, proteins, and fats into energy. This essential mineral also helps the body regulate blood sugar levels, maintain heart health, improve the immune system, and encourages lean body mass.

• **Niacin (Vitamin B3)**
  Niacin is an anti-oxidant essential for cellular metabolism. It is involved in over 50 metabolic processes that turn carbohydrates and fats into energy. Niacin also helps maintain heart health, supports the digestive tract, and promotes a healthy nervous system.

**Why Nitro Xtreme™?**

Kyäni offers two Nitric Oxide products—Kyäni Nitro FX™ and Kyäni Nitro Xtreme™. Kyäni Nitro FX™ is for regular, daily use. Kyäni Nitro Xtreme™ was specifically designed for your most demanding days. With its additional ingredients, consumers see quicker results for a longer duration of time with Kyäni Nitro Xtreme™. Whether you are an athlete, business professional, student, or even a busy parent, try Kyäni Nitro Xtreme™ for increased energy, physical stamina, and mental clarity.

**Sexual Health and E.D.**

Erectile dysfunction (also know as E.D.) is the chronic inability of a man to achieve or maintain an erection. Statistics show approximately one-third of men in their 50s and one-half of men in their 60s suffer from E.D., dramatically impacting the sexual health and sexual satisfaction of themselves and their partners. As a result, erectile dysfunction drugs make more than $3 billion dollars per year. The costs of the medications used to treat E.D. are astronomical. The most popular prescription costs approximately $15 per pill! The manufacturer claims that nine pills are dispensed every second adding up to nearly 300 million pills per year!
Studies have shown that erectile dysfunction is the direct result of decreased blood flow to the genital area. Prescription drugs are specifically designed to stimulate blood flow to the penis. But these expensive and dangerous medications aren’t the only option!

Nitric Oxide (NO) is proven to stimulate blood flow throughout the body. This “Molecule of Life” serves as a vasodilator, expanding the blood vessels and increasing circulation. Over 112,000 papers discussing NO are listed on PubMed, clearly showing that this molecule improves the health of every system of the body including sexual organs.

Research has also shown that erectile dysfunction may be yet another sign of insufficient Nitric Oxide. As we age, the body’s natural ability to produce NO is drastically reduced. E.D. typically impacts mature men. Additionally, many of the key ingredients in E.D. prescriptions are designed to increase the production of Nitric Oxide thereby stimulating blood flow to the penis. Kyäni Nitro FXTM and Kyäni Nitro XtremeTM have been proven to increase the production of Nitric Oxide with the natural power of Noni concentrate. Try Kyäni Nitro FXTM and Kyäni Nitro XtremeTM for yourself and Experience More with Kyäni!

**Kyäni Sunset™**

Kyäni Sunset™ is the perfect combination of Tocotrienols (the most potent form of vitamin E) and omega-3s. This product uses pure annatto bush seed to harness the health benefits of Tocotrienols. Kyäni Sunset™ omega-3s are derived from the wild Alaskan Sockeye Salmon and other wild Alaskan fish. Research has shown that wild Alaskan fish have the purest form of omega-3s in the world. Paired together, these two Superfoods are available exclusively through Kyäni Sunset™.

**9 Reasons to Take Kyäni Sunset™**

- Supports Cardiovascular Health*
- Helps Maintain Healthy Cholesterol Levels*
- Helps Reduce Inflammation*
- Supports Cell Membranes*
- Helps Maintain Healthy Blood Sugar Levels*
- Promotes Healthy Immune Response*
- Supports Cognitive Function*
- Promotes Positive Mental Health*
- Encourages Healthier Skin and Hair*

“Kyäni Sunset™ contains Annatto Tocotrienols and Omega-3s. Together they provide protection to the 30,000 miles of arteries through our entire body.” -Dr. Tan, PhD
Vitamin E

Vitamin E is a very influential vitamin that affects numerous systems of the body. It serves as a powerful anti-oxidant. Vitamin E has also been linked to a strengthened immune system, cardiovascular health, mental health, eye and muscle health and so many more. As a lipid-soluble substance, vitamin E oil also protects your cell membranes and arterial walls.

**The Vitamin E Superstar: Tocotrienols**

Did you know there are actually eight forms of vitamin E? Vitamin E is divided into two categories—four compounds of Tocotrienols and four compounds of Tocopherols. Tocopherols are the most common form of vitamin E, but studies have found that Tocotrienols are the most impactful.

The primary reason Tocotrienols are more effective than Tocopherols is due to their molecular structure. Tocopherols have a larger head and longer tail, making it more difficult to move. The smaller head and shorter tail of the Tocotrienols allow for more flexibility and higher absorption rates. In addition, studies have found that Tocotrienols promote heart health, proper blood sugar levels, and so many additional health benefits.

**The Vitamin E Family**

**Tocopherol (T)**

1. Alpha-T
2. Beta-T
3. Gamma-T
4. Delta-T

**Tocotrienols (T3)**

1. Alpha-T3
2. Beta-T3
3. Gamma-T3
4. Delta-T3
Several studies have shown that Tocopherols, particularly Alpha-Tocopherols, interfere with the health benefits of Tocotrienols. In one study, six groups of chickens were given varying levels of Tocopherols in addition to Tocotrienols. The chickens that were given little or no Tocopherols had the greatest reduction of lipids. The chickens given higher levels of Tocopherols actually increased cholesterol production. Additional studies have shown that Tocopherols interfere with cholesterol levels, absorption, and anti-carcinogenic properties.

Tocopherols have also been said to...

- Block absorption
- Compromise cholesterol reduction
- Attenuate cancer inhibition
- Induce tocotrienol breakdown/catabolism
- Increase cholesterol in high doses

The annatto bush, an oily plant that grows in South America, is the only natural compound in the world that offers pure Tocotrienols without the accompanying Tocopherols. Furthermore, annatto Tocotrienol has the highest Tocotrienol concentrations with 150 – 300 times fewer Tocopherols than rice and palm sources. Only Kyäni Sunset™ contains annatto Tocotrienols, offering the most health benefits.
The Power of Tocotrienols

In the past, the majority of vitamin E research focused on Alpha-Tocopherols. It is reported that as little as one percent of all research on vitamin E focused on Tocotrienols. However, a significant shift in focus has taken place in the last two years. As much as 30 percent of recent peer-reviewed research articles have focused on Tocotrienols.

Why the dramatic shift? It’s becoming more and more clear that Tocotrienols, particularly delta- and gamma- Tocotrienols, are extremely powerful. Just look as some of the studies conducted on Tocotrienols by some of the most well-known research facilities in the country.

Moffitt Cancer Center, FL Pancreatic Cancer (C)
MD Anderson Cancer Center, TX Inflammation (R)
UCLA, CA Hypercholesterolemia (C)
University of Arkansas, AR Radiation Countermeasures (CL, A)
Wayne State Uni., MI Lung Cancer (CL)
Uniformed Services University, MD Radiation Countermeasures (A)
National Research Institute for Food and Nutrition, Italy Apoptosis (CL/A)
University of Louisiana, LA Breast Cancer (CL)
East Tennessee State University, TN Pancreatic Cancer (CL)
University of Connecticut, CT Cell Death (CL)
University of Perugia, Italy Breast Cancer (CL, A)
University of Hong Kong, China Prostate Cancer (CL, A)
University of Texas, Austin, TX Breast Cancer Stem Cells (CL)
Purdue University, IN Apoptosis (CL, A)
Rutgers University, NJ Lung Cancer (A)
MD Anderson Cancer Center, TX Colorectal Cancer (CL, A)

C=Clinical; A=Animal; CL=Cell Line; R=Review

Omega-3s

Omega-3s are an essential fatty acid required for optimal health. This healthy fat is found in every cell of the body, particularly in the brain and heart. Unfortunately, the body doesn’t produce these oils on its own—they must be obtained through diet. If you aren’t consuming fish at least three times per week, doctors say you need to supplement with Omega-3s. Studies show that modest amounts of Omega-3s promote heart health. Kyäni Sunset™ contains powerful EPA and DHA forms of Omega-3s found in Wild Alaskan Sockeye Salmon and Other Wild Fish.

Astaxanthin

High levels of Astaxanthin are found in Wild Alaskan Sockeye Salmon. This substance gives the salmon its red color as well as an abundance of health-promoting properties. To begin, it is a powerful anti-oxidant. In fact, it has been shown to be up to 6,000 times more effective at protecting cells than Vitamin C! In addition, it helps lower blood pressure and may even protect against various forms of abnormal cell growth.
Benefits of Astaxanthin

- Serves as a powerful anti-oxidant
- Maintains heart health
- Promotes a healthy gastrointestinal tract
- Encourages healthy vision
- Protects the skin from damage
- Enhances the immune system
- Serves as an anti-inflammatory

Kyäni Sunset™: Proven to Reduce Inflammation by Over 90%

An independent laboratory recently conducted a study to see how much Kyäni Sunset™ reduces inflammation. The results showed that Kyäni Sunset™ reduces inflammation by over 90 percent! If in fact, even in diluted amounts, Kyäni Sunset™ was shown to be as effective at reducing inflammation as the drug Cloroquine!

How many people suffer from inflammatory disorders?

- Arthritis – 70 million
- Cardiovascular – 60 million
- Allergies – 39 million
- Asthma -17 million

Inflammation

Inflammation occurs anytime you get an infection, injury, or diseases. You have inflammation when you have pain, swelling, or a fever. Inflammation manifests itself in the form of many diseases such as arthritis, tendonitis, bursitis, cystitis, and hepatitis. Research has shown that inflammation is associated with every disease from heart disease to diabetes and Alzheimer’s disease to cancer.

Causes of Inflammation

Macrophage cells are a major source of inflammatory activity. They produce several compounds that induce inflammatory responses. One of these compounds is IL-1β. When macrophages are stimulated to an inflammatory state, they produce 6.7 times more IL-1β, causing more inflammation and more pain.

Study Objectives

Trinity Bioactives conducted a study to see how much Kyäni Sunset™ reduces inflammation. Two diluted amounts of Kyäni Sunset™ were used for the study (5 percent and 10 percent of the actual concentration of Kyäni Sunset™). The study compared Kyäni Sunset™ with Cloroquine, a drug that is known to inhibit the production of chemicals that cause inflammation. Chloroquine has been shown to inhibit the production of IL-1β by inflamed macrophages.
Results

The results showed that Kyäni Sunset™ reduces inflammation by over 90 percent!

The production of IL-1β was prevented. Kyäni Sunset™ was highly effective, even at the diluted concentrations of 5 percent and 10 percent. In fact, Kyäni Sunset™ was just as effective as Chloroquine at inhibiting inflammation!


Research Facility

Trinity Bioactivies Ltd. conducted the scientific study on Kyäni Sunset™. Trinity Bioactivies is an independent research organization based in New Zealand. This prestigious lab has more than 170 assays, models, and tests for assessing biological activities, safety/toxicity, and bioavailability. The Senior staff at Trinity Bioactivies has more than 40 years of research experience and knowledge. They specialize in researching natural products, nutraceuticals, cosmeceuticals, medicinal foods, and functional foods.

Dr. Paul F. Davis was the primary researcher during the Kyäni Sunset™ study. He is the Chief Executive, Director of Research, and Founder of Trinity Bioactivies. Dr. Davis has continuously undertaken biological/biomedical research at research institutes, universities, and commercial organizations for over 43 years. He has served as Senior Research Fellow and Director of the Bioactivity Investigation Group (BIG) at the University of Otago, New Zealand, Director of Research Unit at the Malaghan Institute of Medical Research, and Fulbright Research Fellow at the University of Texas at Austin. Dr. Davis has published 66 peer-reviewed research papers and he was named inventor on 13 patents.

Needless to say, Kyäni takes science seriously! We selected the most prestigious laboratories and researchers in the world to prove that Kyäni Sunset™ will help you and your family Experience More.
Kyäni Product Usage

The Kyäni Health Triangle™—Kyäni Sunrise™, Kyäni Sunset™, and Kyäni Nitro FX™—works synergistically to defend, repair, and maintain your best health. These simple instructions will allow you to “Experience More” with Kyäni.

**Step 1:** Take Kyäni Nitro FX™ (one 1 mL dropper/one draw of the dropper filled half-way or 20 drops of the trial size) before Kyäni Sunrise™. Kyäni Nitro FX™ improves blood flow and helps ensure optimal nutrient delivery to all parts of the body.

**Step 2:** Drink Kyäni Sunrise™ (1oz./2 tbsp.) in the morning to provide essential vitamins, trace minerals, and anti-oxidants.

**Step 3:** Take Kyäni Nitro FX™ (one 1 mL dropper) in the early afternoon for an extra energy boost, approximately 5-6 hours after your morning routine.

**Step 4:** Take Kyäni Nitro FX™ (one 1 mL dropper) before Kyäni Sunset™ to prepare your body for Kyäni Sunset™.

**Step 5:** Consume Kyäni Sunset™ (3 gel caps) with dinner for optimal absorption and to allow the powerful Tocotrienols and omega-3s to help restore your body during sleep.