

DUOLIFE

Kudzu

Food supplement

DUOLIFE Kudzu is a food supplement **from the Pure Formula line** containing kudzu root extract in a concentrated dose. It is enclosed in capsules made of HPMC, an organic cellulose derivative, with delayed release time. Kudzu root extract might support those battling alcohol or nicotine addiction. Moreover, it helps maintain hormonal and emotional balance. Kudzu also helps maintain the optimal condition of the cardiovascular system. Kudzu root extract is standardised to contain 7% of isoflavones. Thanks to standardisation, the amount of isoflavones in the product is guaranteed.



Simple, targeted composition



Product with comprehensible purpose



Convenient form of use



Naturally sourced ingredients

When to use DUOLIFE Kudzu?

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DUOLIFE Kudzu food supplement is intended for use as support for optimal body functions in the case of:

- ▶ people battling alcohol or nicotine addiction;
- ▶ people wishing to maintain good mood and mental fitness;
- ▶ people caring for optimal body hormone balance
- ▶ women during menopause, helping to alleviate its symptoms (mood swings, nervousness, hot flashes);
- ▶ men during andropause;
- ▶ people wishing to aid body cleansing process;
- ▶ people wanting to support antioxidative processes and the reduction of the negative impact of oxidative stress on the body;
- ▶ people wishing to stay in a good shape, including maintaining the acid–base homeostasis of body fluids;
- ▶ people caring for the good condition of the circulatory system, particularly blood vessels;
- ▶ people suffering from stomach issues.

How does kudzu found in the DUOLIFE Kudzu food supplement work?

DUOLIFE Kudzu is a food supplement based on high-quality kudzu root extract standardised to 7% isoflavone content. Thanks to standardisation, the amount of isoflavones in the product is guaranteed.

Kudzu root extract found in **DUOLIFE Kudzu** supports:

- ▶ emotional balance and optimal mood;
- ▶ hormonal balance;
- ▶ body cleansing;
- ▶ nervous system functions and body relaxation;
- ▶ antioxidative processes and reduction of oxygen free radicals;

- ▶ maintaining optimal blood pressure;
- ▶ gastrointestinal system functions.

i **Instructions for use:** 2 capsules a day, after a meal. Do not exceed the recommended daily dose. The product should not be a substitute for a varied diet. A balanced diet and healthy lifestyle are essential for the proper functioning of the body.

i **It is beneficial to combine the DUOLIFE Kudzu food supplement with:**
ProDeacid®, ProSelect®, ProMigren®, ProRelaxin®, DUOLIFE Chlorofil, DUOLIFE Aloe, DUOLIFE Vita C, DUOLIFE Vita C Powder, DUOLIFE Day, other products from the DUOLIFE Pure Formula line

Precautions

- ▶ Do not use if you are hypersensitive to any of the ingredients of the product.
- ▶ Do not use in children.
- ▶ Do not use in pregnant or breastfeeding women.
- ▶ If you have a chronic condition or are taking medication, consult your doctor before using the product.

i **Ingredients: content in a daily dose (2 capsules):** kudzu (*Pueraria lobata*) root extract 10:1 (700 mg), standardised for 7% isoflavone content (49 mg), acacia fibre. Coating ingredient: hydroxypropyl methylcellulose (HPMC).

Discover the ingredients of the DUOLIFE Kudzu food supplement

Kudzu (*Pueraria lobata*) root extract, 10:1, standardised for 7% isoflavone content

Pueraria montana, also known as **kudzu**, is native to America and Asia. The vine of this plant can grow up to 30 metres high. **Isoflavones** are the most valuable group of active compounds found in this plant. Many of them can be found as pigments in all plant organs. The following isoflavones were isolated and identified from the *Pueraria lobata* plant: genistin, daidzein, daidzein diglucoside, genistein and formononetin¹.

Kudzu root has alkaline pH, **helps digestion** and **body cleansing**. *Pueraria lobata* extract has proven properties that may **support the body while fighting addictions**. Isoflavones found in the kudzu root - puerarin, daidzein, daidzin, do not have toxic effects but may effectively **reduce the need to consume alcohol**^{2,3}. Thanks to flavonoid compounds, it is not only **alcohol absorption that is inhibited; alcohol poisoning**, which results from chemical reactions in the body, is also reduced⁴⁻⁶. At the same time, it was found that isoflavones in the kudzu root **increase the concentration of serotonin and dopamin in the central nervous system**, which results in the gradual **lowering of the "need" to consume alcohol** in any form. It is likely that the process of limiting the need to consume a given amount of alcohol on an everyday basis depends on the severity of the addiction. Similar reports regard smokers. Kudzu fosters **the minimisation of negative sensations associated with quitting the nicotine addiction**^{6,7}.

Moreover, in clinical observations, kudzu root extract helps **minimise the intensity of headaches, including migraines**.

Kudzu may also support **circulatory system functions** – including the well-being of blood vessels and the heart. It helps **maintain optimal blood cholesterol level**, which may contribute to the maintenance of normal **blood pressure**^{8,9}.

Using the kudzu root may also be helpful in the case of **troublesome symptoms associated with menopause, post-menopause and andropause**, primarily by minimising troublesome symptoms triggered by hormonal changes and supporting good mood and well-being^{10,11}.

The DUOLIFE Kudzu food supplement also contains acacia fibre, which synergistically supports the action of the main ingredient.

Acacia fibre

Acacia fibre found in the DUOLIFE Kudzu food supplement is a natural bulking agent with valuable properties. Acacia fibre is sourced from acacia trees growing in Africa; it belongs to the soluble fibre fraction and supports the health-oriented effect of kudzu. Moreover, fibre belongs to the so-called prebiotics that stimulate the development of natural intestinal microflora; it fosters optimal functions of the gastrointestinal tract, supports intestinal peristalsis by helping ensure regular bowel movements and cleanse the body. It also prevents flatulence and chronic constipation. It also helps to maintain optimal blood cholesterol levels¹².

What makes DUOLIFE Kudzu so special?

- ▶ **Simple, targeted composition** – based on the main active ingredient with known properties and a concentrated dose.
- ▶ **Product with comprehensible purpose.**
- ▶ **Naturally sourced ingredients.**
- ▶ **No artificial fillers, preservatives or unnecessary additives.**
- ▶ **Convenient form of use – capsules made of organic cellulose derivative (HPMC; hypromellose; hydroxypropyl methylcellulose)** with delayed release time, supporting the protection of active ingredients against the acidic pH of the gastric juice.
- ▶ **Uniformity of the Pure Formula line – easy recommendation** – 1 packaging contains 60 capsules for 1 month of use (2 capsules a day).
- ▶ The supplement can be easily adjusted to the individual needs of the body.
- ▶ The product is **LACTOSE-FREE and GMO free.**
- ▶ The product is **GLUTEN-FREE – suitable for people with gluten intolerance.**
- ▶ The product is **suitable for vegans and vegetarians.**
- ▶ Multilingual label.

i Reference list for DUOLIFE Kudzu formulation can be found in the separate sheet of the binder.

References

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