

Summary of Ailments and Benefits

Key: **RJ**=Royal Jelly, **G**=Ginseng, **E**=Echinacea, **S**=Serenoa Serrulata / Saw Palmetto,
D=Damiana, **C**=Capsicum minimum, () = common name of vitamin, e.g. (C) = vitamin C

It is important to remember the additional compound action of Irena's total constituents.

Condition	Symptoms	Benefits from Irena	Beneficial Active Ingredient in Irena
ACNE	Blocked pores, pore infection, spots.	Spots cleared - preventative measure.	RJ: sulphur, phosphorous, biotin, riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), ascorbic acid (C), testosterone, chromium G: vitamin E, copper, zinc, plus E and C. Additional external Vitamin E cream
AGEING	Loss of appetite, alertness, skin tone, hair condition, suppleness and energy. Diminution of quality of teeth bones and nails. Irregular sleep pattern..	Rejuvenation of the entire system, maintenance of quality of hair, teeth, nails, skin and bones. Improved sleep pattern.	RJ: pantothenic acid (B5), inositol, lysine, phosphorous, silicon, sulphur, thiamine (B1), pyridoxine (B6), cyanocobalamin (B12), ascorbic acid (C), biotin (H), iron, testosterone, methionine. G: vitamin E, oestrogen.
AIDS	Immune system deficiency.	Boost to the immune system.	RJ: lysine, cobalt, pyridoxine (B6) N-acetyl cysteine, plus E and G.
ALLERGIES	Headaches, hayfever, skin rashes, food intolerance etc.	Alleviation of symptoms. Restored ability to tolerate and balance the system..	RJ: glutamic acid, phosphorous, sulphur, riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), ascorbic acid (C), inositol, silicon, internal and external vitamin E, histidine. G: vitamin E, manganese, copper, histidine, zinc.
ANAEMIA	Tiredness, shortness of breath, pallor.	Increased haemoglobin levels.	RJ: iron, manganese, pyridoxine (B6), cyanocobalamin (B12), folic acid, hydroxydecanoic acid, biotin. G: iron, cobalt, plus C.
ANGINA	Chest pains.	Increased Haemoglobin levels, function of circulatory system supported, lowered cholesterol levels.	RJ: iron, sulphur, chromium, cyanocobalamin (B12), folic acid, hydroxydecanoic acid, inositol. G: iron, calcium, cobalt, plus D.
ANOREXIA NERVOSA	Reduced willingness to eat/ lack of appetite.	Good dietary supplement, increased appetite, increased ability to cope with stress.	RJ: all vitamins, minerals, amino acids, plus G and D.
ARTERIOSCLEROSIS	Thickening artery walls.	Body helped to manufacture lecithin, lowered cholesterol levels.	RJ: inositol, iron, sulphur, chromium, cyanocobalamin (B12), folic acid, hydroxydecanoic acid, carnitine, tryptophan, lysine. G: iron, calcium, cobalt, plus D
ARTHRITIS	Several types including rheumatoid and osteoarthritis, ankylosing spondylitis, arthrogyrosis, pyrophosphate arthropathy and sero-negative poly-arthritis. Symptoms include pain, swelling, immobility, and inflexibility.	Reduced pain and swelling, increased mobility and flexibility. Prevention of onset.	RJ: aspartic acid, glutamic acid phenylalanine, manganese, silicon, phosphorous, hydroxydecanoic acid, pantothenic acid (B5), glycine, gold, glutamine. G: magnesium, phosphorous, potassium, plus C, D, E and S.
ASTHMA	Breathing difficulty, wheeze.	Relief from symptoms, allergens and stress, prevention of recurrence.	RJ: glutamic acid, phosphorous, sulphur, riboflavin, pantothenic acid, pyridoxine (B6), ascorbic acid (C), inositol, silicon, magnesium. G: vitamin E, manganese, copper, plus S, E and C.
ATHLETES FOOT	Itchy, peeling skin between toes, foul odour.	Relief from itching and odour, healing of skin.	RJ: hydroxydecanoic acid. G: vitamin E, plus E. Additional external Vitamin E cream.
BACK PAIN	Sciatica, lumbago, slipped disc, causing pain, immobility, and inflexibility.	Aid in healing torn muscles, relaxing of tense muscles.	RJ: aspartic acid, glutamic acid, phenylalanine, manganese, silicon, phosphorous, hydroxydecanoic acid, pantothenic acid (B5), glycine, gold. G: magnesium, phosphorous, potassium, plus C, D, E and S.
BRONCHITIS	Respiratory difficulties.	Helps in clearing respiratory tract, preventative action.	RJ: hydroxydecanoic acid, pantothenic acid (B5), ascorbic acid (C). G: copper, plus C and E
CANCER	Tumours, diminution of white blood cells.	Boost to immune system following destruction of white cells, alleviation of symptoms of chemo and radiotherapy.	RJ: hydroxydecanoic acid, glutamic acid, cobalt, iron, ascorbic acid, biotin (H). G: cobalt, zinc, vitamin E, plus C and E
COELIAC DISEASE	Digestive problems stemming from food intolerance.	Eases symptoms, relieves allergies, nutritional supplement.	RJ: glutamic acid, phenylalanine, sulphur, bismuth, pyridoxine (B6), cyanocobalamin (B12), ascorbic acid (C), biotin (H). G: manganese.
COLD SORES	Lesions usually found around the mouth and lips.	Boost to immune system, production of antibodies.	RJ: lysine, cobalt, sulphur, phosphorous, riboflavin (B2), pantothenic acid (B5), pyridoxine (B6), ascorbic acid (C), biotin (H). G: cobalt, copper, vitamin E, zinc, plus E and C
CYSTITIS	Bladder infection.	Bactericidal action, enhanced resistance to infection.	RJ: hydroxydecanoic acid, ascorbic acid (C), plus E and S

Summary of Ailments and Benefits

Key: **RJ**=Royal Jelly, **G**=Ginseng, **E**=Echinacea, **S**=Serenoa Serrulata / Saw Palmetto,
D=Damiana, **C**=Capsicum minimum, () = common name of vitamin, e.g. (C) = vitamin C

It is important to remember the additional compound action of Irena's total constituents.

Condition	Symptoms	Benefits from Irena	Beneficial Active Ingredient in Irena
DEPRESSION	Tearful, lack of appetite, negative outlook, sleep problems.	Lifting of spirits, increased appetite, enhanced mental and physical energy, calming.	RJ: aspartic acid, glutamic acid, magnesium, chromium, iron, thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine (B6), tyrosine, phenylalanine, ascorbic acid (C). G: calcium.
DERMATITIS	Skin rash.	When used externally (via cream) and internally – reduced allergic responses.	RJ: glutamic acid, phosphorous, sulphur, riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), ascorbic acid (C), biotin (H), inositol, silicon G: vitamin E, manganese, copper, zinc, plus E and C. Additional external vitamin E cream..
DIABETES	Disease affecting blood sugar levels. Fatigue, thirst, excessive urination.	Helps the body produce insulin and control blood sugar levels.	RJ: chromium, sulphur, niacin (B3), biotin (H), G: vitamin E, zinc.
DIGESTIVE PROBLEMS	Acid stomach, inflamed stomach, heartburn.	Cleans digestive tract, reduces acid in stomach.	RJ: calcium, sulphur, magnesium, bismuth.
DUODENAL ULCERS	Stomach pain, difficulty in digesting food, heartburn.	Prevents deterioration, sedates the area, and soothes irritation.	RJ: glutamic acid, glycine, phenylalanine, phosphorous, niacin(B3), pantothenic acid(B5), pyridoxine(B6), biotin(H), inositol, bismuth, calcium, magnesium, folic acid. G: glutamic acid plus E.
DYSMENORRHOEA	Period pain, fluid retention.	Alleviates pain, reduces tension, acts as natural diuretic and hormone balancing agent.	RJ: phosphorous, pyridoxine (B6), cyanocobalamin (B12), iron, folic acid, manganese, testosterone. G: iron, oestrogen, plus C and D
ECZEMA	Itchy, flaky, skin rash.	Improves skin condition through stress relief.	RJ: glutamic acid, phosphorous, sulphur, riboflavin (B2), niacin(B3), pantothenic acid(B5), pyridoxine(B6), ascorbic acid, biotin(H), inositol, silicon, magnesium. G: vitamin E, manganese, copper, zinc plus C and E. External application of Vitamin E cream.
ENERGY (low energy)	Sapped vitality levels caused by age, illness or depression.	Replenishment of energy.	RJ: iron, thiamine, cyanocobalamin(B12), leucine, valine, plus G.
FERTILITY	Difficulty in conceiving.	Increases sperm count, balances hormones, lessens stress.	RJ: testosterone, arginine, thiamine, manganese, phosphorous, phenylalanine, tyrosine, pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12), folic acid. G: oestrogen, plus C and D.
FIBROMYALGIA	Severe pain caused by inflammation and stiffening and fibrosis of the connective tissue throughout the body, around the organs and the joints.	Reduction of pain and swelling.	RJ: aspartic acid, glutamic acid, phenylalanine, manganese, silicon, phosphorous, hydroxydecanoic acid, pantothenic acid (B5), glycine, gold. G: magnesium, phosphorous, potassium plus C, D, E and S
FLUID RETENTION	Swelling of the ankles, face, legs hands and stomach.	Improved circulation, reduced tension, natural diuretic, and hormone balancing.	RJ: thiamine, phosphorous, pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12), iron, testosterone. G: iron, oestrogen, plus C and D
FROZEN SHOULDER	Inability to move arm laterally.	Pain relief, reduction in swelling, increased mobility.	RJ: gold, lysine, phosphorous, potassium, silicon, pantothenic acid (B5), ascorbic acid(C). G: copper plus C.
GASTROENTERITIS	Diarrhoea, vomiting.	Kills potent bacteria.	RJ: hydroxydecanoic acid, glutamic acid, glycine, phenylalanine, phosphorous, niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin, inositol, bismuth, plus G and E
GERIATRIC DISORDERS	Mental and physical problems.	Improved brain function and mental powers, more energy and greater physical agility.	RJ: aspartic acid, glutamic acid, lysine, tyrosine, phenylalanine, iron, phosphorous, pantothenic acid (B5), cyanocobalamin (B12), folic acid, silicon. G: aluminium plus C.
GLANDULAR FEVER	Swollen glands, weakness, tiredness.	Protection against contracting the virus and boosting immune system once contracted.	RJ: Aspartic acid, thiamine (B1), niacin (B3). G: zinc plus E.
HAIR LOSS / HAIR CONDITION	Loss or thinning of hair due to childbirth, hormone imbalance, ageing, illness, vitamin deficiency, shock or severe hair treatment.	Return of body and condition and, in many cases, hair re-growth.	RJ: lysine, phosphorous, silicon, folic acid, biotin (H), pantothenic acid (B5), inositol, testosterone, methionine. G: vitamin E, zinc, silica, oestrogen, plus D
HANGOVER	Headache, dehydration, nausea.	Rehydration, vitamin replacement, headache, prevention/ alleviation.	RJ: glutamic acid, phenylalanine, tyrosine, phosphorous, iron, thiamine (B1), niacin (B3), cyanocobalamin (B12) plus G.
HAYFEVER	Allergic reaction to pollen causing running nose, itching sore eyes, shortness of breath.	Prevention of itching, soreness, and other allergic symptoms.	RJ: glutamic acid, all B vitamins, ascorbic acid (C), phosphorous, sulphur, inositol, silicon, manganese. G: vitamin E, copper, histidine, zinc.

Summary of Ailments and Benefits

Key: **RJ**=Royal Jelly, **G**=Ginseng, **E**=Echinacea, **S**=Serenoa Serrulata / Saw Palmetto,
D=Damiana, **C**=Capsicum minimum, () = common name of vitamin, e.g. (C) = vitamin C

It is important to remember the additional compound action of Irena's total constituents.

Condition	Symptoms	Benefits from Irena	Beneficial Active Ingredient in Irena
HEPATITIS	Liver inflammation/ infection.	Detoxifying action.	RJ: glutamic acid, lysine, phosphorous, sulphur, pantothenic acid (B5), pyridoxine (B6), biotin (H), inositol, hydroxydecanoic acid. G: glutamic acid.
HORMONAL BALANCE	Mood swings, difficulty sleeping, migraines, weight gain, bloating .	Brings natural balance.	RJ: testosterone, glycine, arginine, lysine,inositol, pyridoxine (B6), G: oestrogen, Vitamin E, plus C and D.
HYPERACTIVITY	Very alert, agitated, inattentive, overactivity, impulsivity, distraction.	Normalising and calming action.	RJ: glutamic acid, lysine, phenylalanine, thiamine (B1), cyanocobalamin (B12), chromium, sulphur. G: aluminium, zinc.
HYPERGLYCAEMIC / HYPOGLYCAEMIC	High/low blood sugar levels.	Balancing action.	RJ: glutamic acid, glycine, sulphur, manganese, iron, pantothenic acid (B5), chromium plus G.
HYPERTENSION / HYPOTENSION	High/low blood pressure, overactivity, impulsivity, distraction.	Balancing action.	RJ: potassium, magnesium, ascorbic acid (C), tryptophan. G: vitamin E, plus C and D.
IMPOTENCE / VAGINISMUS	Low libido, high stress causing inability to achieve sexual penetration.	Calming, increased libido, balancing effect.	RJ: testosterone, phenylalanine, arginine, glutamic acid, lysine, cyanocobalamin (B12), G: vitamin E, oestrogen, plus D and S.
IMMUNE SYSTEM	Decreased resistance to infections, recurrent viral infections.	Restores natural balance.	RJ: hydroxydecanoic acid, glycine, lysine, arginine, serine, Vitamin A, plus G , E and C
INCONTINENCE	Inability to hold urine.	Improves physical condition of sphincter muscles.	RJ: magnesium, calcium, ascorbic acid (C), G: oestrogen
INJURIES	Muscle strains and sprains.	Increases muscle tone, improves circulation, improves hydration and stamina.	RJ: ascorbic acid (C), thiamine (B1), riboflavin (B2), niacin (B3), pyridoxine(B6), cyanocobalamin (B12), folic acid, magnesium, arginine. G: vitamin E
INSOMNIA	Disrupted sleep pattern.	Relief from stress, improves well-being.	RJ: magnesium, calcium, niacin(B3), pyridoxine(B6), tryptophan, valine. G: zinc
KIDNEY DISORDERS	Fluid retention, pain.	Reduces water-based oedema, alleviates pain and discomfort, improves circulation.	RJ: magnesium, pyridoxine (B6). plus C and D
LIBIDO (lowered)	Loss of impetus due to hormonal imbalance, stress or depression.	Rebalance of hormones, plus alleviation of depression or stress.	RJ: thiamine, phosphorous, phenylalanine, tyrosine, pantothenic acid, pyridoxine (B6), cyanocobalamin (B12), testosterone. G: oestrogen, plus D
LIVER CONDITIONS	Abnormal liver enzymes, fatigue, jaundice.	Detoxification, improvement of liver metabolism.	RJ: Arginine, methionine, glutamic acid, lysine, phosphorous, sulphur, pantothenic acid (B5), pyridoxine (B6), biotin (H), inositol, hydroxydecanoic acid, theronine, carnitine. G: glutamic acid
MALNUTRITION	Inability to digest and absorb nourishment.	Increases metabolic function.	RJ: all vitamins, minerals and amino acids, plus C,D and G.
MENOPAUSAL SYMPTOMS	Hot flushes, night sweats, fluid retention, disorientation, mood swings.	Reduction of sweats, flushes, and water retention through the natural hormone action.	RJ: testosterone, pantothenic acid (B5), inositol. G: vitamin E, oestrogen, plus C and D
MENTAL AGILITY	Memory loss, tiredness, loss of concentration / agility.	Enhances all mental processes, memory, absorption, focus, clarity, upliftment, retention, improves IQ.	RJ: phenylalanine, valine, leucine, glutamic acid, glutamine, gammaglobulin. G plus C and D
MIGRAINE AND HEADACHES	Headaches temporarily impaired vision caused by hypertension, nervousness, depression and fatigue and food intolerance, hormone imbalance.	Reduces tension and nervousness, boosts energy and sense of well-being.	RJ: magnesium, glutamic acid, phenylalanine, tyrosine, phosphorous, iron, thiamine (B1), niacin (B3), cyanocobalamin (B12), testosterone, tryptophan. plus G: oestrogen
MORNING SICKNESS DURING PREGNANCY	Vomiting and nausea.	Combats nausea, lifts energy levels, balances hormonal activity.	RJ: testosterone, arginine, aspartic acid, glutamic acid, sulphur, thiamine (B1), niacin (B3), pantothenic acid (B5), pyridoxine (B6). G: oestrogen
MULTIPLE SCLEROSIS	Immobility, defective nervous system.	Protects nervous system from demyelination.	RJ: phenylalanine, aspartic acid, ascorbic acid (C), silicon, phosphorous, cyanocobalamin (B12), pyridoxine (B6), serine. G: magnesium, phosphorous, cobalt, potassium.
MUSCULAR DYSTROPHY	Lack of mobility and coordination.	Boosts muscle function, improves muscular stamina.	RJ: phosphorous, glycine, cyanocobalamin (B12), G: magnesium, cobalt, potassium.
MYALGIC ENCEPHALOMYELITIS (ME)	Immobility, defective immune system, chronic fatigue, digestive problems, depression.	Speeds recovery time, boosts the immune system.	RJ: lysine, cobalt, sulphur, phosphorous, biotin (H), pantothenic acid(B5), pyridoxine(B6), G: cobalt, copper, zinc, plus C and E
OPERATIONS	Infections, shock, lowered immunity, anaemia due to blood loss.	Resistance to infections, increased immunity, higher haemoglobin levels, and prevention of shock.	RJ: biotin (H), aspartic acid, cyanocobalamin (B12), iron, folic acid, hydroxydecanoic acid, sulphur, glutamic acid, lysine, nickel, pantothenic acid(B5), ascorbic acid (C), phosphorous. G: copper, plus C and E
OSTEOPOROSIS	Brittle bones.	Increases calcium absorption, mineral replacement.	RJ: calcium, magnesium, silicon, pyridoxine (B6), ascorbic acid (C), lysine, folic acid. G: copper, zinc, oestrogen.
NOSEBLEEDS	Weakened capillaries in the nasal membrane.	Strengthens capillary walls.	RJ: nickel, phosphorous, sulphur, niacin (B3), ascorbic acid (C), iron, folic acid. G: vitamin E, manganese. plus C

Summary of Ailments and Benefits

Key: **RJ**=Royal Jelly, **G**=Ginseng, **E**=Echinacea, **S**=Serenoa Serrulata / Saw Palmetto,
D=Damiana, **C**=Capsicum minimum, () = common name of vitamin, e.g. (C) = vitamin C
It is important to remember the additional compound action of Irena's total constituents.

Condition	Symptoms	Benefits from Irena	Beneficial Active Ingredient in Irena
POST-NATAL DEPRESSION	Hormonal imbalance, depression, irritability.	Reduces depression, increases energy level, balances hormonal activity.	RJ: testosterone, lysine, glutamic acid, phenylalanine, tyrosine, pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12). G: oestrogen, plus C and D.
PRE-MENSTRUAL SYNDROME	Feeling bloated, irritability, depression, discomfort, fluid retention.	Relieves mental symptoms, natural diuretic.	RJ: pyridoxine(B6), glutamic acid, testosterone, cyanocobalamin (B12), iron, hormones, phenylalanine, tyrosine, G: Iron , oestrogen, plus C and D.
PREGNANCY	Tiredness, the need to nourish the foetus, skin stretching. Changes in skin, hair, teeth and gums.	Maintaining the body and foetus in optimal condition.	RJ: testosterone, thiamine, phosphorous, phenylalanine, tyrosine, pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12), folic acid, iron, nickel, silicon G: oestrogen, plus C and D.
PROTECTION AGAINST INFECTION	Caused by a lowered immune system.	Development of natural antibodies.	RJ: pyridoxine, biotin E, G, C and D.
PSORIASIS	Scaly itchy skin lesions, itching.	Used externally via cream, and internally alleviates symptoms and related stress.	RJ: glutamic acid, phosphorous, sulphur, riboflavin (B2), niacin (B3), pantothenic acid(B5), pyridoxine(B6), ascorbic acid (C), biotin(H), inositol, silicon, internal and external vitamin E. G: vitamin E, manganese, copper, zinc. plus S, E and C.
RAYNAUD'S DISEASE	Circulatory spasms causing numbness.	Improved circulation.	RJ: cyanocobalamin (B12), sulphur, ascorbic acid (C). G: cobalt plus C.
RECOVERY TIME Post operative/ after sport	Slow return to a normal heart rate after exertion.	Raised haemoglobin levels, better oxygenation.	RJ: Iron, sulphur, pyridoxine (B6), cyanocobalamin (B12).
SCLERODERMA	Auto-immune disorder – body attacks its own tissue. Hardening of skin and organic dysfunction and can affect internal organs, mainly affects fingers, face and mouth.	General improvement in whole system and improved skin tone.	RJ: glutamic acid, phosphorous, sulphur, riboflavin (B2), niacin (B3), pantothenic acid(B5), pyridoxine(B6), ascorbic acid (C), biotin(H), inositol, silicon. Internal and external application of vitamin E cream. G: vitamin E, manganese, copper, zinc. plus S, E and C.
SINUSITIS	Headaches, aching face, nasal discharge.	Alleviation of infection and prevention of recurrence.	RJ: hydroxydecanoic acid, pantothenic acid (B5), biotin (H). G: copper plus E.
SKIN AND NAIL CONDITION	Lack of condition due to pregnancy, illness, stress, depression.	Improved condition.	RJ: B vitamins, ascorbic acid (C), magnesium, chromium, potassium, sulphur. G: vitamin E, zinc. Additional external vitamin E cream.
STAMINA	Lack of energy or resolve.	Better staying power and energy.	RJ: thiamine (B1), cyanocobalamin (B12), folic acid, magnesium plus G.
STRESS	Anxiety, depression.	Relieves stress, increases stamina and energy levels, promotes positive mental state.	RJ: thiamine, phosphorous, phenylalanine, tyrosine, pantothenic acid (B5), pyridoxine (B6), cyanocobalamin (B12). plus C, D and G.
STROKE	Cerebral haemorrhage, hypertension.	Improves circulatory function, relieves anxiety, supports central nervous system.	RJ: phenylalanine, aspartic acid, silicon, phosphorous, pantothenic acid (B5), cyanocobalamin (B12), thiamine, pyridoxine (B6), ascorbic acid (C). G: magnesium, phosphorous, cobalt, potassium, vitamin E, plus D.
THRUSH oral / vaginal / systemic	Infection causing itching and mucous discharge.	Raised immune system, alleviation of symptoms.	RJ: hydroxydecanoic acid. plus E.
THYROID CONDITIONS	Too much or too little production of thyroxine causing weight loss, sweating , palpitations or by contrast sluggishness, weight gain, tiredness.	Balancing effect can help counter some of the symptoms.	RJ: glycine, iron, phenylalanine, B vitamins, G: zinc.
TOOTH DECAY	Cavities caused by oral bacteria.	Protects the teeth from damage by oral bacteria.	RJ: arginine, calcium, nickel, manganese, phosphorous, ascorbic acid (C), plus C and S.
TRANQUILLISER ADDICTION	Withdrawal symptoms when discontinuing.	Able to reduce tranquilliser intake, calming and stimulating effect.	RJ: thiamine, phosphorous, phenylalanine, tyrosine, pantothenic acid(B5), pyridoxine(B6), cyanocobalamin (B12), plus C, D and G.
VIRAL INFECTIONS	Flu and cold symptoms, sore throat, fever, swollen glands, running nose, cough.	Alleviation of symptoms, strengthening of immune system. Prevention of all viruses.	RJ: glutamic acid, lysine, cobalt, pantothenic acid (B5),pyridoxine (B6), ascorbic acid (C), biotin(H), and hydroxydecanoic acid. G: copper, zinc, plus E and S.
WEIGHT LOSS	Required when excess weight is caused by overeating and lack of exercise.	Curbs cravings, aids fat digestion, speeds the metabolism, converts carbohydrates to energy. Keeps weight stable, acts as diuretic, increases energy level.	RJ: inositol, phenylalanine, tyrosine, arginine, chromium, B vitamins plus G.
YEAST AND FUNGAL INFECTIONS	Athletes foot, candida (thrush), itchy, foul smelling.	Alleviation of symptoms, elimination of cause.	RJ: hydroxydecanoic acid, lysine, phosphorous, sulphur, silicon, riboflavin (B2), pantothenic acid(B5), ascorbic acid (C), pyridoxine(B6), biotin (H), plus E.

Analysis of the effects of Echinacea, Serenoa Serrulata / Saw Palmetto, Damiana Aphrodisiaca and Capsicum Minimum, the herbs within the Irena Formulation

Capsicum Minimum: This is a strong circulatory stimulant that increases blood flow to all body tissues. It has antiseptic and counter-irritant properties and is known to reduce pain. Capsicum is used to support the treatment of conditions marked by reduced circulation, to flush out diseased tissue and help reverse the pathological conditions.

Damiana Aphrodisiaca: This is used to combat depression, anxiety and nervousness, as well as being a mild purgative and diuretic. It also acts like testosterone to stimulate and enhance the reproductive system and has an ancient reputation as an aphrodisiac.

Echinacea D6: This homeopathic potentiser makes the Royal Jelly and Irena's other ingredients ten times more effective than the natural ingredients in isolation. It works in its own right to increase the natural resistance to and recovery from infection, both bacterial and fungal. It is used in chronic and debilitating conditions such as cancer, as well as tonsillitis, psoriasis, septicaemia and abscesses. A natural antiseptic, it is especially useful in low-grade subclinical infections and chronic inflammatory diseases. It is effective in stimulating the T-cells of the immune system, increasing the production of powerful chemicals including interferon.

Serenoa Serrulata / Saw Palmetto: This herb has an anti-androgenic effect, an anti-oestrogenic effect and an anti-inflammatory effect. It is particularly known for its positive effects in the treatment of benign prostatic hyperplasia and also treatment of male pattern baldness. Other uses include treatment of irritable bladder, treatment of inflammation of the bladder, urinary tract, testicles and mammary glands. It has been used for nocturnal enuresis, persistent cough, eczema and improvement of libido.

It is, of course, important to remember that in addition to the individual effects of each of the components of the formula, there is also the synergistic effect of the combination, which makes the Unique Irena formula more effective than taking each of the herbs separately.

Analysis of the Effects of the Major Chemical Components of Royal Jelly and Ginseng within the Irena formulation.

Acetylcholine	Neurotransmitter, important to stimulation of muscle tissue.
Aluminium	Effective in the prevention of Alzheimer's disease, sleeping disorders and in children with learning difficulties.
Arginine	Increases sperm count and helps with subfertility problems, needed to synthesise and release growth hormones from the pituitary gland, and to synthesise other hormones, glucagons and insulin. Helps keep weight stable. Aids in liver detoxification, healthy skin.
Arsenic	In trace quantities has a stimulating effect on the heart. May be important in methionine metabolism.
Aspartic Acid	Eliminates excess ammonia and protects the central nervous system, provides an energy boost.
Bismuth	Helps to alleviate stomach conditions.
Calcium	Essential for the operation of the heart. Chronic deficiency can lead to epilepsy. Also vital for the development of strong bones and teeth.
Carbohydrates	Energy-producing compounds that help keep blood sugars up and help the body store protein.
Carnitine	Assists in the burning of fat, especially in the liver and heart.
Chromium	Has a link with diabetes. Without it, insulin cannot do its job and the body cannot metabolise cholesterol.
Cobalt	Used to treat deep-seated cancers. May seek out and destroy pre-cancerous and cancerous cells. Excellent regulator of neuro-vegetative functions and useful to alleviate circulatory spasms.
Copper	An excellent complement to anti-infection and anti-inflammatory treatment.
Creatinine	Assists in building muscles and is not produced in large quantities in the body. The natural supply of Creatinine is depleted after about 10 seconds of vigorous exercise.
Folic Acid	Must be in correct balance in a woman's body if she is to conceive and must be in ample supply during the ensuing months. Elderly people will also require extra. Deficiencies may lead nutritional megaloblastic anaemia as well as digestive disorders.
Germanium	Increasingly vaunted for its properties of immunisation.
Gamma Globulin	Boosts the immune system and helps the immune system create antibodies. Sometimes gamma globulin is injected directly into patients who have been exposed to certain diseases for a quick immune system boost.
Glutamine	Aids in the treatment of ulcers, intestinal ailments, arthritis, tissue damage and connective tissue disease. Aids in learning by increasing mental alertness and memory.
Glutamic Acid	Nature's "brain food". Increases mental prowess as it converts ammonia into glutamine which is believed to raise the IQ. Helps with alcoholism, speeds up healing, beneficial effect on depression, fatigue and sexual impotence. When combined with the glycine it helps to delay ageing, and builds up resistance to tumours, relieves allergies and helps diabetes, hypoglycaemia and arthritis, as well as alleviating the side effects of chemotherapy and radiotherapy in the treatment of cancer. Also essential for the metabolism of the liver, increases energy and speeds up healing of tumours.
Glycine	Boosts pituitary gland and muscle functions, also helps treatment of hypoglycaemia. Increases the effectiveness of the immune system and assists in the manufacture of hormones.
Gold	Used to treat arthritis.
Histidine	Essential for infants and children since it cannot be manufactured in adequate quantities during periods of rapid growth. A compound released by the immune system during allergic reactions.

Hydroxydecanoic acid	A fatty acid with antibacterial properties. Involves the number and condition of white blood cells as well as increasing the haemoglobin content in red blood cells. May prevent the development of leukaemia and abdominal tumours. Also helpful for sufferers of yeast and fungal infections such as thrush and athlete's foot.
Inositol	Combines with choline to form lecithin which metabolises fat and cholesterol. Ensures glossy hair and helps anyone prone to eczema. Coffee and tea drinkers may not absorb enough inositol and become susceptible to eczema and have problems of fat intolerance.
Iron	Raises haemoglobin levels and prevents anaemia which causes physical tiredness, depression, forgetfulness and reduced mental function.
Leucine	Promotes mental alertness, and works with isoleucine to provide the manufacture of essential biochemical processes in the body for energy.
Lysine	Helpful for those who find it hard to concentrate, are losing hair or suffer dizzy spells. Repairs tissue, aids growth, and the production of hormones, enzymes and antibodies. Alleviates the symptoms of herpes, aids in the absorption of calcium, assists in formation of collagen for bone cartilage and connective tissues.
Magnesium	Useful in neuro-vegetative imbalances, "spasmophilia" and in the treatment of osteoarthritis.
Methionine	Provides a primary source of sulphur resulting in healthy hair, skin and nails. Also assists in lowering cholesterol levels, reducing liver fat and protecting the kidneys.
Manganese	A lack of manganese can cause bone abnormalities, reproductive problems, anaemia and a tendency towards diabetes. Effective against allergies.
Nickel	Important for tissue building.
Nitrogen	Bonds with amino acids, to form proteins.
N-acetyl Cysteine	Helps the body synthesise glutathione (an antioxidant). It has been shown that low levels of glutathione can leave the body vulnerable to infections in HIV-infected individuals.
Phenylalanine	Aids neurotransmitter in sending signals from the nerves to the brain. Helps lift depression, increases memory and mental capacity, decreases appetite for food whilst increasing sexual appetites; it decreases arthritic symptoms, menstrual cramps and migraines.
Phosphorous	Required by the nervous system to protect it from stress and improve brain function. Essential for bone metabolism and nerve balance. Keeps bones, skin, hair and nails in peak condition.
Potassium	Useful in regulating nerves and muscles in the treatment of rheumatological problems.
Oestrogen	Female hormone, aids fertility, replaces hormones which are reduced in menopausal women, so preventing hot flushes, sweats and water retention. Can also prevent conditions caused by hormonal imbalances such as premenstrual tension and post-natal depression.
Serine	Synthesises a fatty sheath around nerve fibres and provides antibodies for the immune system.
Silicon	Instrumental in preventing the progress of arthritic disease and contributes to healthy nails and hair. Also keeps the protective sheath around our nerve fibres in peak condition.
Sulphur	Speeds up the metabolism, cleans the digestive tract, oxidises the blood, and has an effect on skin conditions like psoriasis and acne. Also has insulin-like properties.
Theronine	Makes up a substantial proportion of collagen, elastin and enamel proteins. Prevents build-up in the liver, aids in digestion and intestinal tract function and acts as a trigger for metabolism.
Testosterone	Stimulates the libido, aids male fertility and potency.
Tryptophan	Considered a natural relaxant, it helps to relieve insomnia, is used to treat migraines, reduces heart and arterial spasms, and works with lysine to reduce cholesterol.
Tyrosine	Mood lifting and appetite suppressing.
Valine	Promotes mental energy, helps muscle coordination, and serves as a natural tranquilliser.

Vitamin A	(Retinol) For vision, bone growth, reproduction, cell division, and cell differentiation. An antioxidant, vitamin A also helps maintain the integrity of mucous membranes and skin, and strengthens the immune system.
Vitamin B1	(Thiamine) Enhances circulation, helps with blood formation and is required for converting carbohydrates into energy to maintain a healthy nervous system and give physical and mental energy. Great for the brain, thiamine can improve memory and learning and is required by children for growth. Thiamine is also believed to help with arthritis, cataracts and infertility. Those deficient in B1 will experience tiredness and have difficulty in concentrating and little interest in food.
Vitamin B2	(Riboflavin) Improves metabolism (needed to synthesise proteins, carbohydrates and fats), helps activate vitamin B6 and folic acid, another B vitamin. Important for growth and red blood cell production. Deficiencies lead to cracked lips, ulcers, sore eyes, dermatitis, apathy and depression.
Vitamin B3	(Niacin) Balances the metabolism, reduces “bad” cholesterol (LDL), and increases good cholesterol (HDL). People with B3 deficiencies may experience indigestion, stomach pains, irritability, forgetfulness, swollen gums, insomnia, swollen tongue, loss of appetite, dermatitis, dizziness, tiredness, nausea and nervousness. Severe deficiencies may lead to pellagra characterised by diarrhoea, dementia and chronic dermatitis. Nicotine from cigarettes releases adrenaline into the body and if niacin levels are low, the adrenal gland becomes confused and sends puzzling messages to the nervous system.
Vitamin B5	(Pantothenic acid) Used to break down carbohydrates, proteins and fats and is beneficial to the maintenance of healthy skin, nerves and muscles. Can restore colour to prematurely grey hair.
Vitamin B6	Assists with the formation and health of red blood cells and blood vessels, nerve function, gums and teeth. Aids in the metabolism of amino acids found in protein, improves symptoms of depression and PMS. Indispensable in the production of antibodies. Helps with the digestion of fat and proteins. Deficiencies can lead to anaemia and dermatitis.
Vitamin B12	(Cyanocobalamin) Necessary for the rapid synthesis of DNA in cell division (this is important in the creation of bone marrow), the creation of red blood cells, a healthy nervous system, and aids in the prevention of anaemia. Used to treat a variety of conditions from coeliac disease to muscular dystrophy. It can also increase energy levels, improve the condition of the blood and nervous system and stimulate children’s growth and appetite.
Vitamin C	(Ascorbic Acid) A powerful antioxidant, known to be beneficial to nearly every organ in the body, is critical to the immune system, and is said to be toxic to some malignant cancer cells. Vital for growth and repair of body tissue, helps guard against infections like the common cold. Destroyed by alcohol and cigarette smoking, deficiencies can lead to spongy bleeding gums, poor tooth condition and broken facial veins.
Vitamin D	Contributes to a healthy skeleton by strengthening bones.
Vitamin E	Another powerful antioxidant known for its ability to assist the body in ridding itself of free radicals. Active in sustenance of sexuality, maintains the condition of skin, hair and gums.
Vitamin H	(Biotin) Increases resistance to infections, enables fat to be metabolised effectively and keeps skin healthy. May also prevent premature baldness. Lack of biotin may cause restricted growth, dermatitis and anaemia.
Vitamin K	Critical to proper control of blood clotting, supports proper bone repair and may also prevent or minimise osteoporosis.
Zinc	Excellent for glandular problems (endocrine glands) and dermatological disorders.