

Nrf2 Renew[®]

Nutrient Nrf2 Inducers*

Nrf2 Renew[®] contains a unique combination of key antioxidant nutrients that increase Nrf2 expression, including sulforaphane, pomegranate, green coffee, olive leaf, green tea, and ginkgo.* Nrf2 is the name for the recently discovered master regulator of the antioxidant response element (ARE) in the body. Certain foods contain substances that can trigger Nrf2 release, which then starts a cascade of effects, including antioxidant release, detoxification, formation of new mitochondria, modulation of glutathione, and more. Nrf2 Renew[®] provides a combination of nutrients that have been shown to play a role in the remarkable Nrf2 pathway, which may be the key regulator of our body's dynamic balance.*



#76870
120 tablets

Key Features

- A unique combination of key Nrf2-supporting antioxidant nutrients.*
- Nrf2 is a recently discovered key regulator of the body's dynamic balance.*
- Sulforaphane, Green Tea, Green Coffee, Pomegranate, Olive Leaf, Ginkgo, Milk Thistle.



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Sulforaphane is an isothiocyanate found in cruciferous vegetables, such as cabbage, cauliflower, radish, mustard, and broccoli, and especially in broccoli sprouts. Ingestion of sulforaphane-containing foods is associated with reduction of oxidative stress, and increase in release of defense and detoxification enzymes and other health promoting mechanisms.*



Green Tea is made by lightly steaming fresh tea leaves (*Camellia sinensis*), which prevents oxidation of the naturally occurring enzymes. Green tea has been used to support healthy blood sugar within normal levels, brain function, the immune system, the cardiovascular system, and energy.*



Green Coffee is simply raw (unroasted) coffee beans. Coffee has many components, the most well-known of which is caffeine. Other active components include chlorogenic acid, quinides, lignans, and trigonelline, all of which have been shown in animal studies to support healthy glucose metabolism.* Preliminary research suggests that green coffee extract supports aspects of healthy circulation and metabolism.*



Pomegranate Extract (*Punica granatum*) is found in many locales, including the Mediterranean, Southeast Asia, the Himalayas, California, and Arizona. Pomegranate fruit contains vitamin C and polyphenol compounds, and preliminary research suggests it may support healthy circulation, immunity, GI function, and menopause.* Its active components include vitamins C and B, magnesium, potassium, beta-sitosterol, gallic acid, methyl gallate, ellagic acid, isoquercitrin, D-mannitol, ursolic acid, oleanolic acid, pectin, tannins, and polyphenols, anthocyanins, leucoantho-cyanins, catechins, and flavonols.



Olive Leaf extract is used to support healthy immune function, the cardiovascular system, and the digestive and urinary tracts.* The olive tree (*Olea europae*) is well known for the oil from its fruit, but less well known is the potential benefits from the leaves of this Mediterranean tree.*



Ginkgo biloba extract comes from the Ginkgo tree, which dates back more than 200 million years. It can be found along city streets in Asia, Europe, and the USA because its ability to resist pollution and infection makes it low maintenance. Ginkgo has long been used in traditional Asian medicine.* Modern research into Ginkgo emerged from Europe in the 1950s, and it is widely used for support of healthy respiration, brain function, and circulation.*



Milk thistle (*Silybum marianum*) has been used as a traditional liver support herb for more than 2,000 years.* It was mentioned in the writings of the Greek healer Dioscorides, and Pliny the Elder. Milk thistle is native to Europe and was introduced into North America by the early colonists. It was utilized by the Eclectic physicians in the 19th century as well as herbalists. The early United States Pharmacopeia listed a tincture of milk thistle. The main active component is the flavonoid complex silymarin. Besides its well-studied support for liver function, silymarin may help support normal insulin function and blood lipids within normal levels.*

Nrf2 Renew® was developed by researchers Stephen Levine, PhD, and Marty Pall, PhD, in conjunction with Allergy Research Group®.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 60

Amount Per Serving	% Daily Value
Green Teas (Leaves) Extract (standardized to 95% Polyphenols/75% Catechins/<0.5% Caffeine/40% EGCG)	200 mg †
Milk Thistle (Seeds) Extract (standardized to 30% Silybines/80% Silymarin)	200 mg †
Pomegranate (Seeds) Extract (standardized to 40% Ellagic Acid)	200 mg †
Green Coffee (Beans) PE (standardized to 45% Chlorogenic Acids/1-5% Caffeine)	200 mg †
Ginkgo (Leaves) Extract (standardized to 24% Flavone Glycosides/6% Total Ginkgolides)	120 mg †
Olive (Leaves) Extract (standardized to 20% Oleuropein)	100 mg †
Sulforaphane	50 mg †

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, L-leucine, microcrystalline cellulose, silicon dioxide.

Suggested Use: As a dietary supplement, 2 capsules daily, or as directed by a healthcare professional.