

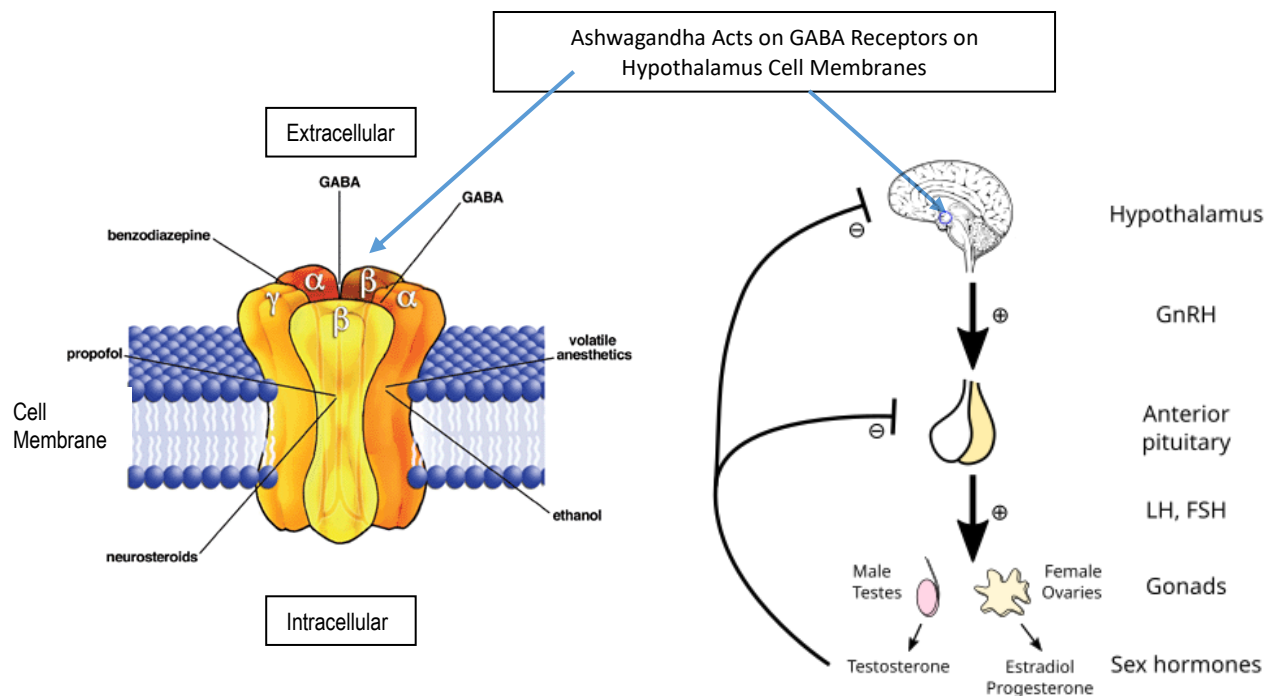
APLGO Product Q & A – PWR Apricot and PWR Lemon

With Mary Esther Gilbert, MSc HN, BSc NSP and Associate Pamela Zimmer

November 4, 2024

1. We always describe PWR apricot as being for women, and PWR lemon as being for men, however as we have been learning from you, it is not just one for women and one for men - can you expand on that please?

- **Ashwagandha** contains over 26 phytochemical compounds associated with fertility, reproductive health, and sex drive: *alkaloids, phenols, flavonoids, saponins, tannins, carbohydrates, steroidal lactones, β -sitosterol, scopoletin, sitoindosides, somniferine, somniferinine, pseudotropine, anaferine, anahygrine, cysteine, chlorogenic acid, cuscohygrine, withanine, withaferine, withanolides, withananine, tropanol, 6,7 β -epoxywithanon, and 14- α -hydroxywithanone*.
 - The phytonutrients in ashwagandha help reduce the production of stress hormones, including the body's main stress chemical, cortisol, which blocks the production of testosterone (Gilbert, 2024) (Wicinski, 2023).
 - Those phytonutrients also neutralize free radicals such as (ROS) that are produced under stress, which can contribute to problems with infertility.
- Exercise is a determining factor of what predominant hormones are produced in men and women.
 - The main hormones in females: estrogen, progesterone, and testosterone.
 - The main hormones in males are the androgens: testosterone (produced in the testes and small amounts in the adrenal glands), dihydrotestosterone (DHT), and estrogen (produced in the testes).
 - Male menopause - associated with decline of gonad production of testosterone.
 - Female menopause – associated with decline and balance of estrogen, progesterone, and testosterone.
- One of the major problems with both men and women is infertility.
 - In women, infertility related problems are due to tubal, uterine or ovarian malfunctions and abnormalities.
 - In men, there are problems with failure to produce sperm, lower quality of semen, and hormonal disruptions.
- The hypothalamic-pituitary-gonadal (HPG) axis is vital in the production of male and female hormones (Acevedo,2018).
- In both genders, **Ashwagandha** has been shown to act on GABA receptors in the hypothalamus, which facilitates the actions of gonadotropin-releasing hormone (GnRH), and in turn stimulates the pituitary gland to secrete luteinizing hormone (LH) in men and women, and follicle stimulating hormone (FSH) in women, stimulating the growth of eggs and preparing for ovulation.
 - Gonadotropin hormones produce the sex hormones testosterone, estrogen, and progesterone—all are critical for sexual maturity, sex drive, and fertility.
 - The gonads in females are the ovaries; the gonads in males are the testicles.
 - Studies demonstrate that Ashwagandha leads to an increase of testosterone to normal levels as governed by a person's gender.
(Cleveland, 2024) (Wicinski, 2023).



2. Continuing with the above, we hear that PWR lemon can help a man with performance in the bedroom. If a woman is struggling with low sex drive or lack of desire, would PWR lemon help her, and why / why not?

- Ancients used **ashwagandha** (contained in both PWR formulations) as an aphrodisiac, and many studies confirm its sexual-enhancing properties as well as its capacity to help increase sperm count (Ambiye, 2013).
- PWR Lemon and PWR Apricot contain **ginger root** (*Zingiber officinale*)
 - Shown to have aphrodisiac effects.
 - Found to increase sperm viability, semen, volume ejections, and total serum testosterone.
 - Found to increase and stimulate peripheral or blood circulation, improve engorgement in erectile dysfunctions.
 (Khodaie, 2015) (Wen, 2023) (Vivek, 2024).
- **Damiana leaf** (*Turnera diffusa*)

Contains at least thirty-five antioxidant, phytonutrient compounds that:

- Help restore endocrine/glandular functioning thereby normalizing levels of hormones.
- Are known to be used as an aphrodisiac, increase libido, and improve reproductive functions against infertility.
- Are used in correcting the menstrual cycle.
- Are used against bladder and kidney infections.
- Is recognized as indications for anxiety neurosis associated with impotency, depression, nervous dyspepsia (stomach disorders caused by stress).
- Were found to significantly increase number of males achieving ejaculation and resuming a second one, and reduced post-ejaculatory interval without anxiety-like behaviors.

(Gilbert, 2024) (Kumar, 2008) (Estrada, 2009)

Contains apigenins

- Positively influence reproductive processes and dysfunctions.
- Promote cell proliferation, cell renewal and viability.

- Improve the release of reproductive hormones and ovarian blood supply.
- Protect the female reproductive system against environmental pollutants, harmful drugs and their impact on women's health.
- Interact with estrogen receptors and modulation of signaling pathways that support normal reproductive processes.
- Increase the ability of cells to protect against damage through facilitating production of antioxidant enzymes while decreasing inflammation in ovarian cells.

(Sirotkin, 2024)

- **Fig (*Ficus carica*)** in PWR Lemon

- Contains zinc, which significantly helps elevate testosterone levels naturally in men, and increase the number of sperm and their motility.
- Antioxidants, assist in glandular functions: polyphenols, carotenoids, flavones anthocyanins, proanthocyanins, phytosterols (as precursors to the production of hormones).
- Studies show fig to be invaluable for the immune system, digestive, urinary, blood building, normalizing blood pressure, aiding in glucose metabolism, improving memory, improving the respiratory system.

(Gilbert, 2024) (Naghdi, 2016)

- **Ginseng root, Asian (*Panax ginseng*)** has been proven to:

- Improve glucose metabolism, insulin resistance in diabetes, improve hypertension.
- Aids immune functions against bacteria and viruses by helping to regulate all immune cell actions.
- Improve mental and physical performance and physical loads without requiring greater oxygen consumption.
- Contains saponins shown to stimulate the brain to release chemicals that improve nerve cell-to-cell signaling and therefore improve alertness.
- Contains ginsenoside Rb1 that increases choline, vital for cell membrane structure, and modulate other neurotransmitters critical for learning and memory.
- There is no reason why women would not benefit from this botanical.

(Gilbert, 2024) (Vivek, 2024)

- **Lemon (*Citrus limon*)**

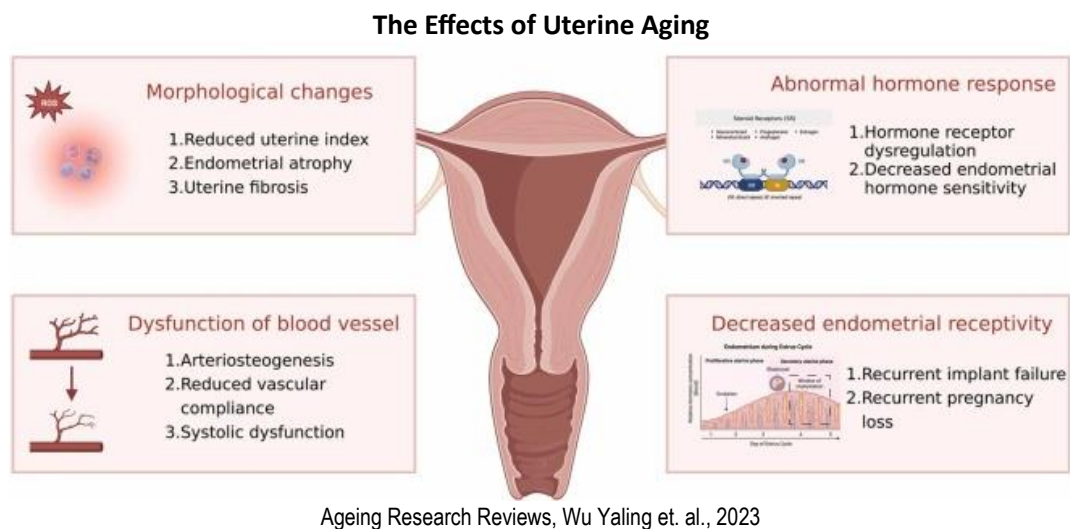
- Prevents high cholesterol levels, helps prevent atherosclerosis.
- Flavonoids help regulate blood pressure.
- Aids in absorption of minerals.
- Polyphenols may help improve insulin resistance in glucose metabolism.
- Effective against illness-causing bacteria and fungus infections, preventing their proliferation.
- There is no reason why women would not benefit from this botanical.

- **Pomegranate (*Punica granatum*)**

- An effective antimicrobial.
- Prevents clogged heart vessels (anti-atherogenic).
- Helps protect against toxic byproducts that can damage DNA and the function of critical proteins.
- Protects the nerve cells from damage.
- Contains ellagitannin and ellagic acid that are converted to urolithins to improve the beneficial aerobic bacteria in the colon.
- There is no reason why women would not benefit from this botanical.

3. Hot flashes and menopause... this is always a HOT topic (no pun intended). What botanicals specifically address this?

- **Prevent hot flashes through menopause by preventing DNA damage**, which accelerates aging due to cellular senescence or degenerating functions of cells, such as of the uterus and endometrium (Yaling, 2023).
- Exercise to stimulate the production of proper amounts and balance of estrogen, progesterone, and testosterone.
- Eat proper proportions of dietary animal and whole food plant fats compared to protein and whole food carbohydrates: 50-60% carbohydrates; 20-35% protein; 20-30% whole food fats.
- Eat vitamin and mineral-rich plant foods.
- Avoid fried foods: trans fats, heated oils low in omega-3 fatty acids.
- Avoid skin, lung, ingestion exposure to synthetic chemicals and pollutants.
- Many nuts and seeds, beans, legumes, some fruits contain plant phytoestrogens, including **figs**, as precursors to a variety of critical hormonal production.
- **Ashwagandha root** and **damiana** also contain important phytoestrogens, precursors to hormone production. (Gilbert, 2024)



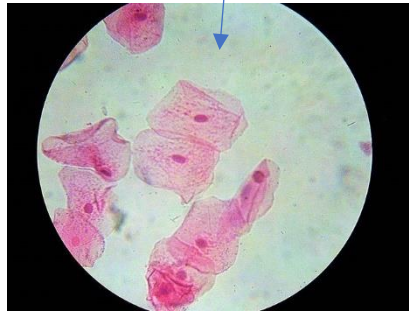
- Other factors that affect women in menopause and have a negative impact on their lives indicate the need for optimal cellular nourishment to help attenuate and correct hormonal impairments and functional disruptions.
 - Low libido, vaginal dryness, painful intercourse.
 - Adverse symptoms affecting mood, perspective, cognition, mental performance.
 - Fatigue.
 - Overwhelming life stressors.
 - Relationship dissatisfaction.
 - History of physical and sexual trauma, violence.(Thomas, 2020)

4. How does our body know what to use from the botanicals in the drops, and what to “release” as waste, or IS there any waste (in terms of our bodies not absorbing and using all of the ingredients)?

- The drops do not contain the bulk that produces residues like food does, where the extraction and absorption of micronutrients into our cells is a long digestive process (14-58 hours to a bowel evacuation event depending on diet, age, physical condition).
- The DNA instructions within every one of our cells and nerve cell signaling autonomously direct the digestive system to perform the digestive/nutrient absorption/elimination process.
- The contents of the drops are already at the right micronutrient size, instantly going to work upon entering the cells through *the mucosal membranes in the mouth (buccal mucosa)*, with 100% absorption/utilization. There should therefore be no waste residues other than the normal routine purging of metabolic wastes (CO₂, urea, and ammonia) during cell respiration.



r/Anatomy, 2021

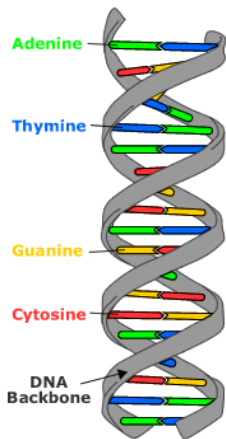


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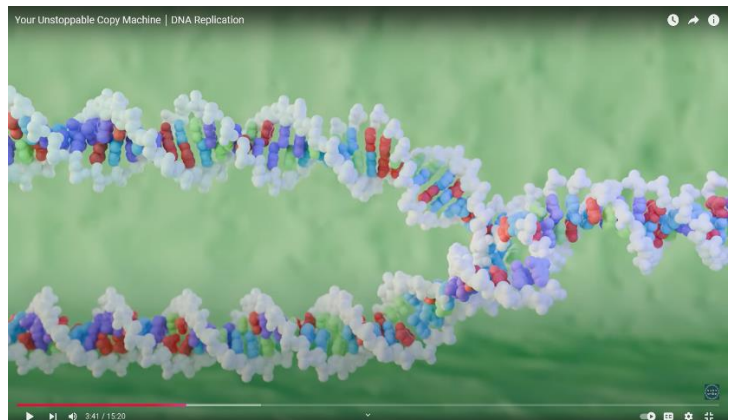


Wiki-minor 2011 - Wikipedia

- The work of enzyme actions, sparked by light energy or active biophotons, and electric potentials driven by negatively charged particles at the atomic level, are what keep our bodies perpetually performing the trillions of cellular actions that keep us alive.
 - Bioelectricity signaling transmissions are how cells communicate for:
 - Utilizing nutrients
 - Building new cells, tissues, structures
 - Signaling and monitoring protein actions
 - Directing communications, movement, and thoughts—all signals traveling from the brain to all body systems to monitor their health or proper functioning (Eden, n.d.).
- The drops, through the Acumullit SA technology, contain active nutrient factors and viable plant DNA and protein and energy production mitochondria our own DNA sees as “of self”, therefore allowing all nutrients and plant cell components to enter and interact with the life processes always occurring inside our cells.



Stock Cake 2024



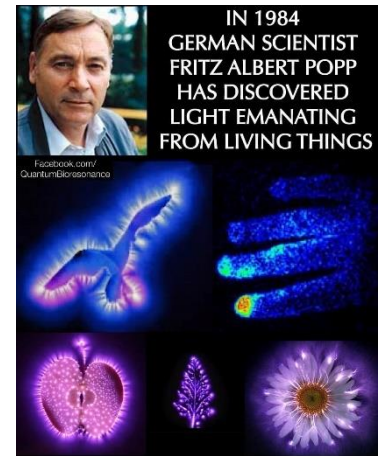
Your Unstoppable Copy Machine – DNA Replication
Clockwork 2024 <https://youtu.be/lv89fSt5jBY?si=MV9K7DjL7UbT1ZNA>

- Our cell-to-nutrient interactions occur because of how our genetic codes respond to nutrient-mediated pathways that detect sugars, amino acids, lipids, and metabolites (phytochemicals abundant in the drops’ botanicals) through hormone and nerve electrical signaling (Lal, et. al., 2022).
- DNA information (genetic codes of instructions that operate the entire body) interprets, understands, and accepts the information in the botanicals of the drops at the DNA level, and is therefore able to allow those nutrient factors to enter through the cell membrane detection sites and into our cells.

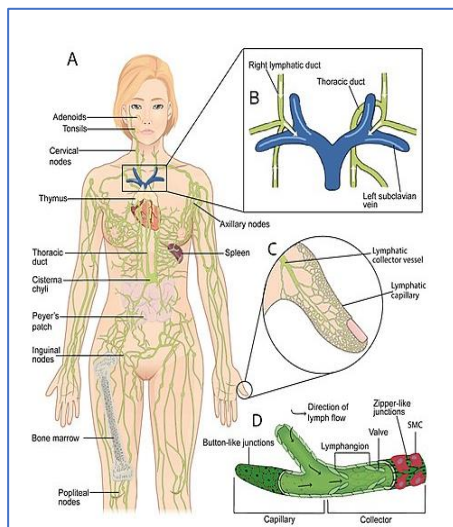
“We are Truly ‘Beings of Light’”

Dr. Fritz Albert Popp found this spectrum of colorful electromagnetic light energies (in the form of biophotons) forms an intricate, highly organized system of communication between our body’s cells and ultimately, is responsible for the regulation of all of our body’s physiological processes. In other words, he found that every human body is essentially a “being of light.”

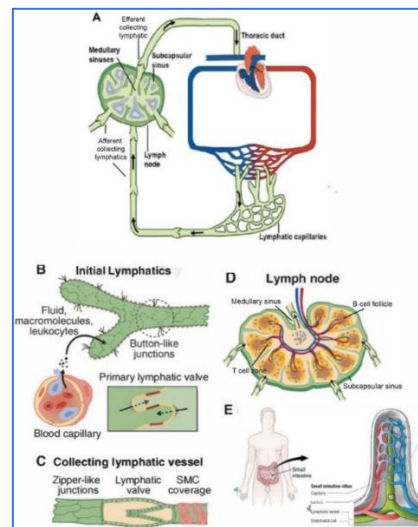
“We know today that man, essentially, is a being of light. And the modern science of photobiology ... is presently proving this. In terms of healing, the implications are immense. We now know, for example, that quanta of light can initiate, or arrest, cascade-like reactions in the cells, and that genetic cellular damage can be virtually repaired, within hours, by faint beams of light. We are still on the threshold of fully understanding the complex relationship between light and life, but we can now say emphatically, that the function of our entire metabolism is dependent on light.” (Biophotons, 2022)



- The normal daily metabolic detoxification or waste elimination processes occur through the five eliminative organs:
 - Lungs/respiratory system – filter airborne particles and vapors.
 - Skin – perspiration and eliminating toxins through the pores.
 - Bowels – Extraction of food nutrients; accumulating unneeded residues for evacuation.
 - Kidneys – filtering and flushing actions
 - Lymph nodes and lymph vessels – filtration of toxins (through the nodes) and draining waste products (cellular debris, bacteria, etc.) away from the body’s tissues and flowing into the blood via the subclavian vein.



SGUL Lymres - 2020 Creative Commons Wiki



Cell - Oliver, 2020

5. We recently learned that taking more than 3 of one specific drop per day does not provide additional benefits, even when addressing a chronic condition. Is this due to the specific formula of botanicals in each individual drop? What is the response to those of us that take 6-7-8 different drops, or even all 18 drops, every single day - and especially since many of the drops have overlapping ingredients (as we see in PWR apricot and PWR lemon both having ashwagandha, damiana leaves, and ginger root)?

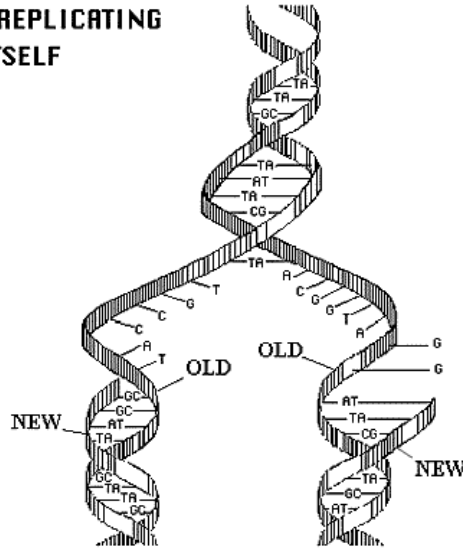
- Excessive dosing and associated side effects is possible for nutritional supplement tablets or capsules if one exceeds the label recommended dosages.
 - The relatively large amounts of isolated individual vitamins and minerals that come in various forms and levels of absorbability are measured in milligrams and micrograms, and have government-established safe upper limits (Dwyer, 2015).
 - The body's organs can only process and safely absorb vitamins and minerals in such supplements up to their designated upper limits to avoid over taxing the organs, such as the liver and the kidneys.
 - Exceeding the safety limits on such supplements can have uncomfortable or toxic side effects.
 - This is likely not so with the drops since they contain precisely what the multiple trillions of cellular actions every second and every day we are alive require:
 - Active enzymes.
 - Trace elements in plant-derived negatively charged ionic form.
 - Vast arrays of protective and metabolic immune-boosting phytochemicals.
 - The very DNA segments of code our own DNA uses to repair and correct its functions and operational instructions.

(Gilbert, 2024)
- We have trillions of cells that perform multiple trillions of tasks every moment that can utilize the nutrient information that is in the drops.
 - A 70 kg (154 lbs.) male ~ 36 Trillion
 - A 60 kg (132 lbs.) female ~ 28 Trillion
 - A 32 kg (32 lbs.) child ~ 17 Trillion

(Hatton, 2023).
- What are mostly in the drops?
 - Contain minute amounts of vitamins and minerals not enough to require listing on the products' nutrition labels according to the U.S. FDA guidelines.
 - Contain the genetic material of the DNA of the botanicals that our trillions of cells interpret and immediately utilize for DNA and therefore cellular repair work, growth, proper cell replication and renewal, and facilitating the building of new body proteins, signaling proteins, and all ongoing, lifelong perpetual cellular actions (Gilbert, 2024).
 - The APLGO drops are unique; they contain active electrons and therefore light energy, the fundamental energy force that holds the Universe together. This means they make possible the 100% utilization and compatibility for facilitating life-giving nutrients for promoting the proper functioning of all cells in our bodies due to their dynamic bioelectricity. *This is the fundamental force for the emergence of life* (Pilot, 2023).
 - *"Studies proved that one of the most essential sources of light and biophoton emissions was DNA. DNA was like the master tuning fork of the body."* (Eden, n.d.)
 - The viable nutrient factors and plant cell organelles in the drops' botanicals have the capacity to correct damage at the DNA level and therefore correct cellular malfunctions.
- The body must produce 1-3 billion proteins required for structures, functions, and regulating the body's tissues and organs to do its vast and intricate work (Biology 2024).
 - Those proteins are perpetually active within the DNA codes of our genes.
 - Proteins are produced via the *splitting or unraveling* of the DNA into RNA segments to be copied and formed into new proteins, replicating every cell's DNA in the process of building new cells.

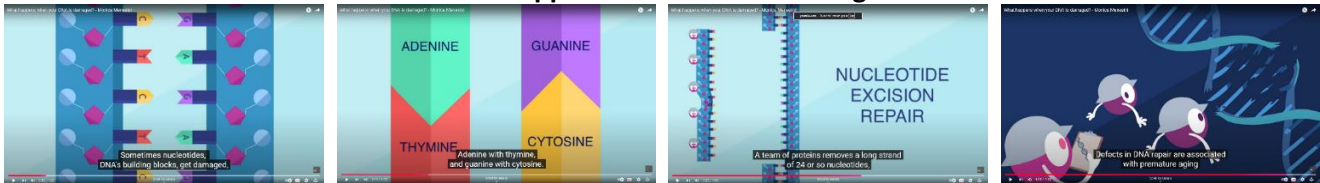
- All of this requires the constant availability of the full range of essential nutrients in the specific form that are allowed to enter the cell and perform their trillions of tasks.

DNA REPLICATING ITSELF



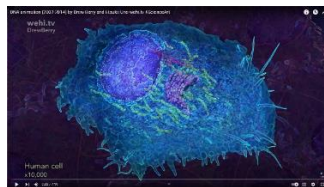
- Chronic health conditions are a sign that proper nourishment is inconsistent, inadequate or very deficient.
- There are several ways the DNA can be repaired, such as: utilizing other undamaged DNA as a template, enzyme polymerase base repair, mismatch repair, base excision repair (cutting off damaged gene segments and replacing them with matching gene segments of other DNA), nucleotide excision repair (Menesini, 2013).

What Happens When DNA is Damaged



Menesini, 2015 <https://www.youtube.com/watch?v=vP8-5Bhd2ag>

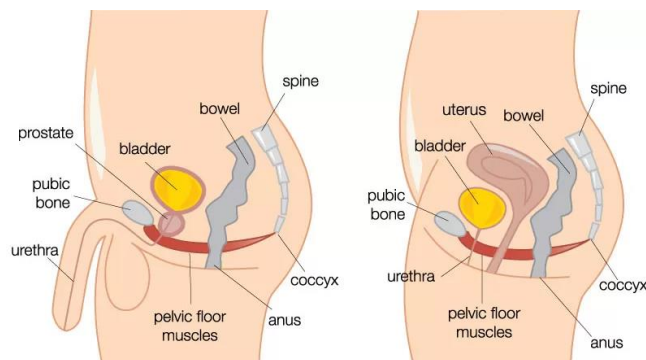
DNA Animation



WEHI.tv Movies. Berry and Etsuko Uno. (2002-2014)
<https://www.youtube.com/watch?v=7Hk9jct2ozY>

6. Is there a specific ingredient in PWR apricot or PWR lemon that helps support a woman who may be experiencing hemorrhaging, blood clots or irregular monthly cycles? And what ingredient would specifically address the strength of the uterus in women?

- **Ashwagandha root** in both formulations contains alkaloids known to help stop hemorrhaging.
- **Ginkgo leaf** in PWR Apricot contains terpenoids, which have been shown to block the formation of blood clots.
- **Ginger root** in both formulations helps strengthen blood vessels and reduce the risk of blood clots.
- **Fig** in PWR Lemon has been shown to reduce blood clotting in the blood vessels.
- **Damiana leaf** in both formulations contain various tannins, also known to regulate proper clotting.
- **Asparagus root** has been used for menstrual irregularities, and cramping.
- *Anthocyanins* help balance estrogenic activity, which helps control the development of symptoms associated with hormone-dependent diseases, such as ovulatory function, and proper uterine tissue development.
- Causes of irregular menses:
 - Impaired fat metabolism – consuming trans fats (fried foods in oils, heated oils), vitamin and mineral deficiencies, missing phytonutrients, sedentary lifestyle, chronic stress, trauma, absorption of synthetic chemicals, low body weight with low body fat.
 - Absorption of synthetic consumer ingredients through the skin and lungs.
 - Contact with pollutants and environmental toxins.
 - Chronic stress, creating hormonal imbalances and functional impairments.
 - Irregular sleep habits, disrupted sleep cycles.
 - Low body fat.(Gilbert, 2024)
- How to maintain a strong and healthy uterus.
 - The plant DNA and other cell constituents in the PWR APLGO drops can help with cellular repair and maintaining the tissues of the uterus.
 - Kegel exercises strengthen muscles of the pelvic floor, which supports the uterus and helps prevent incontinence.
- Maintain strong pelvic floor muscles to support the pelvic organs—for both men and women:
 - Women: bladder, bowel, uterus, urethra (urine tube), back passage of anus, and vagina.
 - Men: bladder, bowel, urethra (urine tube), back passage of anus.
 - The pelvic floor muscles help to control the bladder and bowel by wrapping firmly around these passages to help keep them shut.
 - Pelvic floor muscles also assist in sexual function.(Continece, 2021)



© Continece Foundation of Australia

Continece Foundation, Australia 2021

- For well-nourished tissues, include daily fresh, raw organic plant foods, animal-derived protein (free range, grass fed, no hormones, antibiotics or GMO feeds) whole food carbohydrates and whole foods containing the healthy, healing fats. Include 50/50 split between plant and animal fats.
- Avoid cell-destroying fried and processed foodstuffs, heated oils, refined sugars (Gilbert, 2024).

7. Aside from hormone support for both women and men, what other benefits do PWR apricot and PWR lemon provide to us all?

PWR Apricot	Eyes Bones Teeth	Healthy Heart	Anti-Oxidants, Anti-stress	Endocrine System	Anti-Microbial	Immune System	Brain, Nerve Communication	Blood Vessels Blood	Anti-Stress	Joints	Anti-inflammatory	Urinary System	Liver, Detox	Respiratory	Digestion, Blood Glucose
Apricot	x	x	x	x	x	x	x	x							
Ashwagandha Root						x	x		x	x	x				
Asparagus Root		x				x						x	x		
Damiana Leaf				x			x					x		x	x
Ginger Root					x	x	x				x		x	x	x
Ginkgo Leaf			x				x				x				
PWR Lemon															
Ashwagandha Root						x	x		x	x	x				
Damiana Leaf				x			x					x		x	x
Fig	x	x				x	x	x				x	x	x	x
Ginger Root															
Ginseng, Asian (Panax)				x		x	x	x			x				x
Lemon		x			x	x		x				x	x		x
Pomegranate		x			x	x		x			x	x			x

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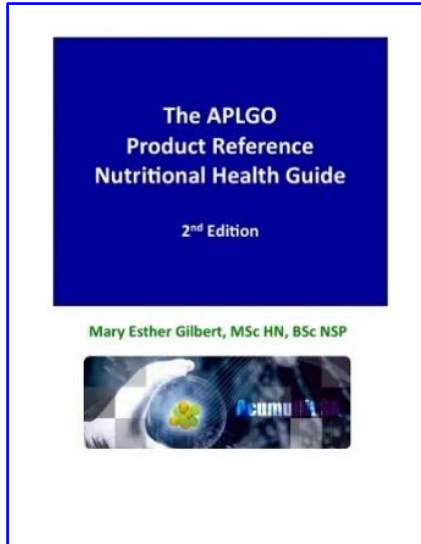
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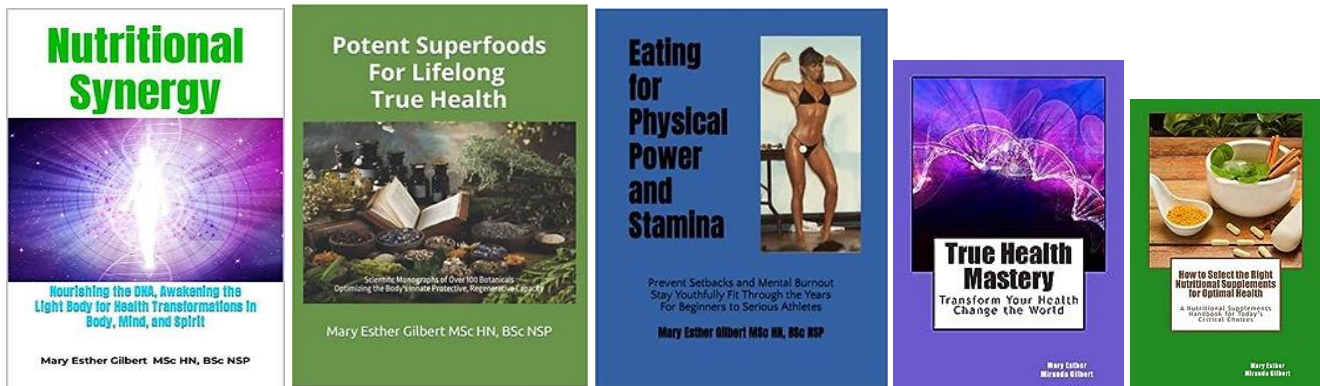
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