

"FORMULATIONS AND TREATMENTS FOR WELL-BEING"**FIELD OF INVENTION**

THIS INVENTION relates to formulations and treatments for well-being. The invention is primarily directed to formulations and treatments for human health and well-being, but may be
5 used in respect of unrelated conditions, such as alopecia.

BACKGROUND ART

Herbal extracts and formulations have long been used and/or suggested for well-being in humans. Efficacy varies for such extracts and formulations. Generally, such treatments are either topical or systemic, but sometimes can be both. In the art, the term "well-being" is used to refer
10 to a person's general health, particularly physical health, and well-being. In more recent times, the term "wellness" has been coined, though no particular connotational boundaries are strictly applied to any of these terms. In this specification, the term "well-being" is used in an encompassing sense to embrace such concepts including those described above unless the context requires otherwise.

15 The present invention aims to provide formulations and treatments for well-being in humans which alleviate one or more of the shortcomings of the prior art. Other aims and advantages of the invention may become apparent from the following description.

DISCLOSURE OF THE INVENTION

20 With the foregoing in view, this invention in a first aspect resides broadly in a formulation for well-being in humans including:

extracts from the herbal varieties:

Polygonum multiflorum,

Panax quinquefolium,

Ginkgo biloba, and

25 Equisetum arvense;

beta sitosterol

methyl sulfonyl methane;

soy isoflavones;

levo-arginine;

inositol;

5 niacin;

pantothenic acid or salts thereof;

alpha-tocopherol;

biotin;

pyridoxine hydrochloride

10 zinc (or amino acid chelate thereof); and

colostrum.

In a second aspect, the present invention resides broadly in a formulation for well-being in humans including a 5-alpha reductase production inhibitor and methylsulfonylmethane.

15 Preferably, the 5-alpha reductase production inhibitor is selected from one or more phytosterols, particularly, as equivalents to beta-sitosterol. Alternatively, or in addition thereto, the 5-alpha reductase production may inhibitor may include extract from *Serenoa repens*, or Saw palmetto. The herbal extracts may also include *Pygeum repens*. The formulation may also include thiamin. The formulation may also include riboflavin.

20 In a third aspect, the present invention resides broadly in a formulation for well-being in humans including:

a 5-alpha reductase production inhibitor;

methylsulfonylmethane; and

extract from the herbal variety *Polygonum multiflorum*.

In a fourth aspect, the present invention resides broadly in the present invention resides broadly in a formulation for well-being in humans including:

a 5-alpha reductase production inhibitor;

methylsulfonylmethane;

5 extract from the herbal variety *Polygonum multiflorum*; and
colostrum.

In a fifth aspect, the present invention resides broadly in the present invention resides broadly in a formulation for well-being in humans including:

a 5-alpha reductase production inhibitor;

10 methylsulfonylmethane;

extract from the herbal variety *Polygonum multiflorum*; and

levo-arginine.

In a sixth aspect, the present invention resides broadly in the present invention resides broadly in a formulation for well-being in humans including:

15 a 5-alpha reductase production inhibitor;

methylsulfonylmethane;

extract from the herbal variety *Polygonum multiflorum*;

levo-arginine and

colostrum.

20 In a seventh aspect, the present invention resides broadly in the present invention resides broadly in a formulation for well-being in humans including:

a 5-alpha reductase production inhibitor;

methylsulfonylmethane;

extract from the herbal variety *Polygonum multiflorum*;

levo-arginine;

colostrum; and

Gingko biloba.

5 In an eighth aspect, the present invention resides broadly in a formulation for well-being in humans including:

extract from the herbal variety *Polygonum multiflorum*;

a 5-alpha reductase production inhibitor;

methylsulfonylmethane; and

10 colostrum.

Preferably, the formulation includes zinc amino acid chelate. Preferably the formulation includes *Gingko biloba*. More preferably, the formulation includes both zinc amino acid chelate and *Gingko biloba*. It is further preferred that the formulation includes any one or more extracts from the herbal varieties:

15 *Polygonum multiflorum*;

Gingko biloba;

Equisetum arvense;

Panax quinquefolium.

It is further preferred that the formulation includes any one or more of the following
20 components:

one or more soy isoflavones;

levo-arginine;

inositol;

niacin;

biotin;

calcium pantothenate;

dextro-alpha-tocopherol;

pyridoxine hydrochloride.

5 Preferably, the colostrum is bovine colostrum. However, it will be appreciated that other mammalian sources of colostrum may be used, particularly colostrum which are efficacious in ameliorating the reduction of growth hormone ("GH") and/or insulin-like growth factor 1 ("IGF-1") with ageing. Preferably, the components are provided in relative quantities selected to provide efficacy in respect of their known functional qualities.

10 In a ninth aspect, the present invention resides broadly in a formulation for well-being in humans including, in a dosage in the range of 3 g to 8 g:

phytosterols in the range of 200 mg to 2500 mg;

the quantitative equivalent of *Polygonum multiflorum* root 4:1 in 70% EW in the range of 600 mg to 2600 mg;

15 methylsulfonylmethane in the range of 500 mg to 2000 mg; and

bovine colostrum in the range of 500 mg to 2000 mg.

Preferably, the formulation further includes the quantitative equivalent of *Ginkgo biloba* leaf extract 50:1 in 70% EW in the range of 50 mg to 1000 mg. Preferably, the formulation further includes the quantitative equivalent of zinc amino acid chelate 20% in the range of 10 mg
20 to 40 mg. More preferably, the formulation includes both the *Ginkgo biloba* and the zinc amino acid chelate. It is also preferred that the formulation includes any one or more of the following components:

arginine in the range of 120 mg to 500 mg;

biotin in the range of 0.7 mg to 5 mg;

25 nicotinic acid in the range of 5 mg to 30 mg;

calcium pantothenate in the range of 10 mg to 400 mg;

pyridoxine hydrochloride in the range of 10 mg to 400 mg;

d- α -tocopherol acetate in the range of 200 IU to 800 IU; and

colloidal anhydrous silica in the range of 60 mg to 500 mg.

It is also preferred that the formulation also include any one or more of the following
5 components:

the quantitative equivalent of Glycine Max (soy) seed 65:1 in 75% EW in the range of
80 mg to 3250 mg;

the quantitative equivalent of Panax quinquefolium root extract 3:1 in 15% EW in the
range of 50 mg to 1000 mg;

10 the quantitative equivalent of Equisetum arvense herb extract 4:1 in 100% water in the
range of 50 mg to 1000 mg;

inositol in the range of 70 mg to 300 mg;

Preferably, the phytosterols are in the range of 200 mg to 2500 mg. More preferably, the
phytosterols are in the range of 200 mg to 1000 mg. Preferably, the Gingko biloba extract is in
15 the range of 50 mg to 1000 mg. More preferably, the Gingko biloba extract is in the range of 50
mg to 500 mg. Preferably, the Panax quinquefolium root extract is in the range of 50 mg to 1000
mg. More preferably, the Panax quinquefolium root extract is in the range of 50 mg to 500 mg.
Preferably, the Equisetum arvense herb extract is in the range of 50 mg to 1000 mg. More
preferably, the Equisetum arvense herb extract is in the range of 50 mg to 500 mg. Preferably,
20 the bovine colostrum is in the range of 50 mg to 2000 mg. More preferably, the bovine colostrum
is in the range of 500 mg to 1000 mg. Preferably, the biotin is in the range of 0.7 mg to 3 mg.
Preferably, the pyridoxine hydrochloride is in the range of 100 mg to 400 mg. Trusil natural
lemon/lime in the range of 6 to 26 mg or a flavouring agent equivalent thereto may also be added
to the formulation. Fructose in the range of 125 mg to 500 mg or a sweetening agent equivalent
25 thereto may also be added to the formulation.

In a tenth aspect, the present invention resides broadly in a formulation for well-being of
a human patient including:

a biological sulfur nutritional supplement for providing biologically active sulfur;

one or more dihydrotestosterone blocking components for inhibiting the binding of dihydrotestosterone to receptor sites and/or inhibits the action of 5-alpha-reductase in converting testosterone to dihydrotestosterone;

5 one or more capillary blood-flow promoters for promoting capillary blood flow;

a growth factor component for promoting cell growth by ameliorating the reduction of growth hormone ("GH") and/or insulin-like growth factor 1 ("IGF-1") with ageing;

an amino acid component having at least some of all of the essential amino acids for human metabolism; and

10 a mineral component for introducing at least the minerals silicon and zinc into the patient.

Preferably, the formulation includes a vitamin component having at least some vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B8, vitamin B_x, and vitamin E.

Preferably, the components are selected from the phytosterols, Polygonum multiflorum
15 root (fo-ti), Glycine Max (soy) seed, Gingko biloba leaf, Panax quinquefolium root, Equisetum
arvense, inositol, methylsulfonylmethane, bovine colostrum, arginine, biotin, nicotinic acid,
calcium pantothenate, pyridoxine hydrochloride, d- α -tocopherol acetate, Trusil natural
lemon/lime or a flavouring agent equivalent thereto, fructose or a sweetening agent equivalent
thereto, colloidal anhydrous silica and zinc amino acid chelate to make up a dosage in the range
20 of 3 g to 8 g as set forth in the ninth aspect of the invention described herein.

Preferably, at least one of the capillary blood-flow promoters is functional in use to
promote opening of potassium channels in cell membranes of patients. Preferably, the amino acid
component includes isoflavones and/or phytosterols. More preferably, the amino acid component
includes a phytoestrogen. More preferably, the amino acid component includes Genistein. In
25 another preferred form, the amino acid component includes Daidzien. The vitamin and mineral
components may be constituted from one or more sources. For example, the silicon mineral may
be derived from the herb known as horsetail, Equisetum arvense. The zinc mineral may be
contained in a zinc citrate or the like.

Preferably, preparation of the formulation for ingestion includes forming the components into respective component powders, mixing the component powders together and packaging the powder into predetermined dosage packs. One preferred dosage pack contains the mixed powder in the range of 3 g to 9 g powder. In a particular preferred form, the dosage is 5.5 g powder. In such form, it is preferred that the mixed powder be ingested in a drink, such as water, but it will be appreciated that a wide range of potable liquids would be suitable. It is suggested that a monthly supply of 200 g to 1000 g powder is efficacious when taken in accordance with the method of the invention. Of course, colouring and/or flavouring additives may be included, as well as dispersing and/or emulsifying agents, thickeners, preservatives or the like.

The powder may be formed so as to have different flavourings and/or colourings. Moreover, the powder may be flavoured differently for different diluents, such as, for example, a fruit-type flavour for mixing in water and a vanilla, chocolate or caramel flavour for mixing in milk or non-dairy equivalents of milk.

In an eleventh aspect, the present invention resides broadly in a medicinal formulation for well-being in humans including:

extracts from the herbal varieties:

Polygonum multiflorum;

Ginkgo biloba;

Equisetum arvense;

Panax quinquefolium;

methylsulfonylmethane;

levo-arginine;

a 5-alpha reductase production inhibitor;

one or more soy isoflavones;

inositol;

niacin;

biotin;

calcium pantothenate;

dextro-alpha-tocopherol;

pyridoxine hydrochloride;

5 zinc amino acid chelate; and

colostrum.

The constituents of the medicinal formulation are preferably selected substantially in accordance with the limitations of corresponding constituents of the other corresponding aspects of the invention as herein described.

10 Preferably, the colostrum is bovine colostrum. However, it will be appreciated that other mammalian sources of colostrum may be used, particularly colostrum which is efficacious in ameliorating the reduction of growth hormone ("GH") and/or insulin-like growth factor 1 ("IGF-1") with ageing. Preferably, the components are provided in relative quantities selected to provide efficacy in respect of their known functional qualities.

15 In a twelfth aspect, the present invention resides broadly in a formulation for well-being of a patient including, in a dosage in the range of 3 g to 8 g:

phytosterols in the range of 200 mg to 2500 mg;

the quantitative equivalent of Polygonum multiflorum root 4:1 in 70% EW in the range of 600 mg to 2600 mg;

20 the quantitative equivalent of Glycine Max (soy) seed 65:1 in 75% EW in the range of 800 mg to 3250 mg;

the quantitative equivalent of Gingko biloba leaf extract 50:1 in 70% EW in the range of 50 mg to 1000 mg;

25 the quantitative equivalent of Panax quinquefolium root extract 3:1 in 15% EW in the range of 50 mg to 1000 mg;

the quantitative equivalent of Equisetum arvense herb extract 4:1 in 100% water in the range of 50 mg to 1000 mg;

inositol in the range of 70 mg to 300 mg;

methylsulfonylmethane in the range of 500 mg to 2000 mg;

5 bovine colostrum in the range of 500 mg to 2000 mg;

arginine in the range of 120 mg to 500 mg;

biotin in the range of 0.7 mg to 5 mg;

nicotinic acid in the range of 5 mg to 30 mg;

calcium pantothenate in the range of 100 mg to 400 mg;

10 pyridoxine hydrochloride in the range of 10 mg to 400 mg;

d- α -tocopherol acetate in the range of 200 IU to 800 IU;

Trusil natural lemon/lime in the range of 6 to 26 mg or a flavouring agent equivalent thereto;

fructose in the range of 125 mg to 500 mg or a sweetening agent equivalent thereto;

15 colloidal anhydrous silica in the range of 60 mg to 500 mg; and

the quantitative equivalent of zinc amino acid chelate 20% in the range of 10 mg to 40 mg.

It will be appreciated that the sweetening and flavouring agents are not essential to the efficacy of the formulation.

20 In a thirteenth aspect, the present invention resides broadly in a method of enhancing the well-being of a human patient including the steps of:

preparing a predetermined quantity of a formulation consisting of: extracts from the herbal varieties Polygonum multiflorum, Panax quinquefolium, Ginkgo biloba, and Equisetum arvense; beta sitosterol; methyl sulfonyl methane; soy isoflavones; levo-arginine; inositol; niacin;

pantothenic acid or salts thereof; alpha-tocopherol; biotin; pyridoxine hydrochloride; zinc (or amino acid chelate thereof); and colostrum and

preparing the quantity for ingestion by the human patient.

In a fourteenth aspect, the present invention resides broadly in a method of enhancing
5 the well-being of a human patient including the steps of:

preparing a predetermined quantity of a formulation consisting of: a biological sulfur
nutritional supplement for providing biologically active sulfur; one or more capillary blood-flow
promoters for promoting capillary blood flow; a growth factor component for promoting cell
growth by ameliorating the reduction of growth hormone ("GH") and/or insulin-like growth
10 factor 1 ("IGF-1") with ageing; an amino acid component having at least some of all of the
essential amino acids for human metabolism; a mineral component for introducing at least the
minerals silicon and zinc into the patient; and a vitamin component having at least some vitamin
B1, vitamin B2, vitamin B3, vitamin B5, vitamin B8, vitamin B_x, and vitamin E; and

preparing the predetermined quantity for ingestion by the human patient.

15 While the formulation has been found to have increased efficacy when used with a
systemic mode of delivery, it will be appreciated that the method of the invention is not limited
thereto.

Preferably, at least one of the capillary blood-flow promoters is functional in use to
promote opening of potassium channels in cell membranes of patients. Preferably, the amino acid
20 component includes isoflavones and/or phytosterols. More preferably, the amino acid component
includes a phytoestrogen. More preferably, the amino acid component includes Genistein. In
another preferred form, the amino acid component includes Daidzien. The vitamin and mineral
components may be constituted from one or more sources. For example, the silicon mineral may
be derived from the herb known as horsetail, Equisetum arvense. The zinc mineral may be
25 contained in a zinc citrate or the like.

Preferably, preparation of the formulation for ingestion includes forming the
components into respective component powders, mixing the component powders together and
packaging the powder into predetermined dosage packs. One preferred dosage pack contains the
mixed powder in the range of 2 g to 10 g powder. In a particular preferred form, the dosage is 5.5

g powder. Another preferred dosage pack contains one week's or one month's or part thereof supply of powder to be ingested in the range of quantity detailed above taken twice daily. In such form, it is preferred that the mixed powder be ingested in a drink, such as water, but it will be appreciated that a wide range of potable liquids would be suitable. Of course, colouring and/or
 5 flavouring additives may be included, as will as dispersing and/or emulsifying agents, thickeners, preservatives or the like.

BRIEF DESCRIPTION OF THE EXAMPLES

In order that the invention may be more readily understood and put into practical effect, reference will now be made to one or more examples of the invention wherein at least some of
 10 the aspects and embodiments of the invention are described from experimental work in the development of the invention.

DETAILED DESCRIPTION OF THE EXAMPLES

EXAMPLE 1

A batch of material was formulated according to the details set forth in Table 1 below.

Ingredient (and strength)	Label Claim	mg	mg/dose	overage	mg per g (including overage)	weight for mix (kg)
phytosterols (equiv. B-sitosterol 33%)	500.00	303	1515	3%	312.09	35.344
Polygonum multiflorum (fo ti) root 4:1 in 70% EW	1350.00	67.5	337.5	5%	70.88	8.027
Glycine max (soy) seed 65:1 in 75% EW	1625.00	5	25	0%	5.00	0.566
Gingko biloba leaf ext (50:1 in 70% EW)	100.00	0.4	2	5%	0.42	0.048
Panax quinquefolium root ext (3:1 in 15% EW)	100.05	6.67	33.35	5%	7.00	0.793
Equisetum arvense herb ext (horsetail) (4:1 in 100% water)	100.00	5	25	5%	5.25	0.595
inositol	150.00	30	150	5%	31.50	3.567
methylsulfonylmethane (MSM)	1000.00	200	1000	5%	210.00	23.783

colostrum (bovine)	1000.00	200	1000	5%	310.00	23.783
arginine	250.00	50	250	0%	50.00	5.663
biotin	1.40	0.28	1.4	5%	0.29	0.033
nicotinic acid	15.00	3	15	5%	3.15	0.357
calcium pantothenate	200.00	40	200	4%	41.67	4.719
pyridoxine hydrochloride	25	5	25	5%	5.24	0.595
d- α -tocopherol acetate (dry vitamin E acetate)	400 IU	107.2	536	5%	112.56	12.747
Trusil natural lemon/lime	13	2.6	13	5%	2.73	0.309
fructose	250	50	250	0%	50.00	5.663
silica colloidal anhydrous	125	25	125	0%	25.00	2.831
zinc amino acid chelate 20%	20	20	100	5%	21.00	2.378
Total	6804.45	1120.65	5603.25			131.799

The resulting formulation was tested against a placebo on a number of individuals for well-being. The test results revealed that the formulation was efficacious in promoting well-being.

5 EXAMPLE 2

A batch of material was formulated according to the details set forth in Table below.

INGREDIENT	LABEL CLAIM (mg per 5g serve)	Mg	Mg/Dose
Phytosterols (Equiv B-sitosterol 33%)	125.00	75.75	378.75
Polygonum multiflorum (Fo Ti) root 4:1 in 70% EW	337.50	16.88	84.38
Glycine Max (Soy) seed 65:1 in 75% EW	406.25	1.25	6.25
Ginkgo Biloba leaf ext (50:1 in 70% EW)	25.00	0.10	0.50
Panax quinquefolium root ext (3:1 in 15% EW)	25.01	1.67	8.34
Equisetum arvense herb Ext (Horsetail) (4:1 in 100% Water)	25.00	1.25	6.25

Inositol	37.50	7.50	37.50
Methylsulfonylmethane (MSM)	250.00	50.00	250.00
Colostrum (Bovine)	250.00	50.00	250.00
Arginine	62.50	12.50	62.50
Biotin	0.35	0.07	0.35
Nicotinic Acid	3.75	0.75	3.75
Calcium Pantothenate	50.00	10.00	50.00
pyridoxine Hydrochloride	6.25	1.25	6.25
d-alpha tocopheryl acetate (Dry Vitamin E Acetate)	100IU	26.80	134.00
Trusil Natural Lemon/Lime	3.25	0.65	3.25
Fructose	62.50	12.50	62.50
Silica - Colloidal Anyhydrous	31.25	6.25	31.25
Zinc Amino Acid Chelate 20%	5.00	5.00	25.00
Total	1706.11	280.16	1400.81

The resulting formulation was tested against a placebo on a number of individuals for well-being. The test results revealed that the formulation was efficacious in promoting well-being.

5 **EXAMPLE 3**

A batch of material was formulated according to the details set forth in Table 3 below.

INGREDIENT	LABEL CLAIM (mg per 5g serve)	Mg	Mg/Dose
Phytosterols (Equiv B-sitosterol 33%)	250.00	151.50	757.50
Polygonum multiflorum (Fo Ti) root 4:1 in 70% EW	675.00	33.75	168.75
Glycine Max (Soy) seed 65:1 in 75% EW	812.50	2.50	12.50
Ginkgo Biloba leaf ext (50:1 in 70% EW)	50.00	0.20	1.00

Panax quinquefolium root ext (3:1 in 15% EW)	50.03	3.34	16.68
Equisetum arvense herb Ext (Horsetail) (4:1 in 100% Water)	50.00	2.50	12.50
Inositol	75.00	15.00	75.00
Methylsulfonylmethane (MSM)	500.00	100.00	500.00
Colostrum (Bovine)	500.00	100.00	500.00
Arginine	125.00	25.00	125.00
Biotin	0.70	0.14	0.70
Nicotinic Acid	7.50	1.50	7.50
Calcium Pantothenate	100.00	20.00	100.00
pyridoxine Hydrochloride	12.50	2.50	12.50
d-alpha tocopheryl acetate (Dry Vitamin E Acetate)	200IU	53.60	268.00
Trusil Natural Lemon/Lime	6.50	1.30	6.50
Fructose	125.00	25.00	125.00
Silica - Colloidal Anyhydrous	62.50	12.50	62.50
Zinc Amino Acid Chelate 20%	10.00	10.00	50.00
Total	3412.23	560.33	2801.63

The resulting formulation was tested against a placebo on a number of individuals for well-being. The test results revealed that the formulation was efficacious in promoting well-being.

5 **EXAMPLE 4**

A batch of material was formulated according to the details set forth in Table 4 below.

INGREDIENT	LABEL CLAIM (mg per 5g serve)	Mg	Mg/Dose
Phytosterols (Equiv B-sitosterol 33%)	1000.00	606.00	3030.00
Polygonum multiflorum (Fo Ti) root 4:1 in 70%	2700.00	135.00	675.00

EW

Glcine Max (Soy) seed 65:1 in 75% EW	3250.00	10.00	50.00
Ginkgo Biloba leaf ext (50:1 in 70% EW)	200.00	0.80	4.00
Panax quinquefolium root ext (3:1 in 15% EW)	200.10	13.34	66.70
Equisetum arvense herb Ext (Horsetail) (4:1 in 100% Water)	200.00	10.00	50.00
Inositol	300.00	60.00	300.00
Methylsulfonylmethane (MSM)	2000.00	400.00	2000.00
Colostrum (Bovine)	2000.00	400.00	2000.00
Arginine	500.00	100.00	500.00
Biotin	2.80	0.56	2.80
Nicotinic Acid	30.00	6.00	30.00
Calcium Pantothenate	400.00	80.00	400.00
pyridoxine Hydrochloride	50.00	10.00	50.00
d-alpha tocopheryl acetate (Dry Vitamin E Acetate)	800IU	214.40	1072.00
Trusil Natural Lemon/Lime	26.00	5.20	26.00
Fructose	500.00	100.00	500.00
Silica - Colloidal Anyhydrous	250.00	50.00	250.00
Zinc Amino Acid Chelate 20%	40.00	40.00	200.00
Total	13648.90	2241.30	11206.50

The resulting formulation was tested against a placebo on a number of individuals for well-being. The test results revealed that the formulation was efficacious in promoting well-being.

- 5 In use, the formulations and methods of the present invention may be used for increasing "wellness" or well being in a human patient. It is believed that the formulations of the present invention contribute synergistically to provide enhanced results of greater efficacy than either the individual components or modes of treatment. The beneficial effects of the treatment are believed

to include remediation of incorrect flow or lack of circulation both peripheral and cardiovascular, and/or incorrect hormonal or dietary balance.

The *Polygonum multiflorum* (fo-ti) root extract component may also be known as “He Shou Wu”. Fo-ti root is thought to be a tonic for the endocrine glands, liver and kidneys. Fo-ti-
5 root contains many vitamins and minerals that are vital for hair, including the B-complex vitamins, vitamin C, silicon, zinc and vitamin A. It has been used in China specifically as a restorative tonic and for promoting longevity. Traditional Chinese medicine records it as a “Qi tonic” - that is, a herb that benefits the immune system and has hormonal effects. It is a traditional treatment for poor sleep. The herb is regarded as a slow-acting sedative, the benefits of
10 which are felt over a period of months. Clinical observation of its use indicates increased mental clarity, relief of insomnia, vertigo and constipation, and as a blood, liver and kidney restorative, generally for longevity and sexual function. Recent evidence shows it to be effective against high blood pressure and hardening of the arteries and veins.

Insofar as colostrum is concerned, it is a material produced by nearly all mammals, by
15 the mother of the offspring soon after birth. Medical research has shown that the most important immune and growth factors for human adults, children and animals can be provided by bovine colostrum. Because colostrum is a food rather than a drug it is free of toxicity and can be consumed without any known side effects. Colostrum research conducted by major medical centres and universities has shown clinically active bovine supplements derived from dairy cows
20 naturally stimulates the nutrient-rich properties that a mother produces for her new-born offspring just after birth. Colostrum provides a supercharged blend of vital proteins, antibodies, antioxidants, immunoglobulin, growth factors, vitamins, minerals, enzymes and amino acids. The highly charged nature of colostrum precludes it being produced at sustained levels throughout the lactation of a mammalian parent. However, its initial production soon after parturition is
25 provided by nature to give an early boost to the new born mammalian offspring. Colostrum is also believed to have the functional quality of combatting and even reversing signs of aging.

According to Dr Rona Zoltan, colostrum may well be nature’s most practical protection against infection. It is completely natural, free of side effects and an excellent alternative to hundreds of drugs. Bovine colostrum has been used in India for thousands of years by Ayurvedic
30 physicians documenting the physical benefits of colostrum and its healing and therapeutic abilities. Mammals produce colostrum shortly after parturition as a powerful, nutrient-rich fluid.

It provides a multi-charged blend of vital proteins, antibodies, antioxidants, immunoglobulins, growth factors, vitamins, minerals, enzymes and amino acids. Colostrum is the primary life sustaining food - bovine colostrum has over thirty-seven immune factors when properly processed, as well as eight growth factors.

5 Methylsulfonylmethane is a natural source of sulfur in the metabolism. Sulfur is necessary for collagen formation, and is also required for many of the body's structural molecules. Among the many benefits are joint and tissue health, defence against allergies and asthma, nutritional support for healthy energy levels and toxin elimination. Methylsulfonylmethane has been called "nature's beauty mineral" because it is believed to keep
10 the hair glossy and smooth, keeps the complexion clear and youthful, and is believed to contribute to the synthesis of collagen. This material is prevalent in keratin, a tough protein substance necessary for the health and maintenance for the hair, nails and skin, including defence against ageing. Some of the functional qualities of methylsulfonylmethane include improved micro-circulation to the hair and scalp, maintaining structure of the proteins in the body, helping
15 the formulation of keratin and aiding in the production of immunoglobulin. Keratin is essential for hair and nail growth and immunoglobulin maintains the immune system.

Beta sitosterol can be derived, for example, from Saw Palmetto (*Serenoa Repens*), a native American member of the palm family. Saw palmetto is a source of a class of complex, chiefly unsaturated, solid alcohols widely distributed in plant and animal tissue, known as sterols.
20 More specifically, plants contain phytosterols, or plant based sterols. Sitosterols are sterols that are found in food (sito = food). Beta sitosterol is plant based fat that slows the production of 5-alpha reductase and the binding of dihydrotestosterone to androgen receptors. Research has shown that dihydrotestosterone is an undesirable derivative of the androgenic hormone testosterone. Dihydrotestosterone floods and eventually strangles hair follicles of genetically
25 predisposed individuals. The key to anti-androgenic complex lies in blocking dihydrotestosterone at the follicle receptor site. Recent scrutiny of the material has revealed its health benefits such as, for example, in addition to boosting the immune system, it enhances lymphocyte proliferation and NK-cell activity and NL-cell activity. This is believed to be particularly useful to people who are physically stressed, medically unwell or recovering from illness. Beta sitosterol is also been
30 shown to reduce blood levels of cholesterol, provide prostate support, relieve inflammation, heal

ulcers, enhance uterine tone, alleviate cramps, as well as provide an anti-viral, antibiotic and/or antimycotic agent.

It is believed that beta sitosterol is a multi-site inhibitor of the formation and actions of dihydrotestosterone, inhibiting most of the binding of the dihydrotestosterone, to receptor sites, blocking the up take of dihydrotestosterone and inhibiting the action of 5-alpha-reductase, which converts testosterone to dihydrotestosterone.

Ginkgo biloba is a herbal extract with a long standing tradition for use in providing natural vascular benefits when ingested or applied topically. Ginkgo biloba has been shown to protect small blood vessels and micro capillaries against loss of tone and increase in fragility. The herb also has application in treating male and female pattern hair loss. Ginkgo biloba is beneficial and due to its functional quality of dilating blood vessels (particularly small blood vessels) and has particular ability to increase peripheral blood circulation, especially to the brain. Ginkgo biloba is believed to have beneficial effects in preventing many conditions throughout the entire body due to poor blood supply. Ginkgo biloba can also act as a powerful anti oxidant and may contribute to the oxidation of free radicals, which are believed to contribute to premature aging. Anti oxidants also protect the eyes, cardiovascular system and central nervous systems. In traditional Chinese medicine, Ginkgo biloba has been used to improve the heart and circulation. The herb has been used for many centuries by the Chinese, and has become a conventional supplement in Europe, and more recently, in the United States.

L-arginine is an amino acid, one of the building blocks of protein. However, in the present application, L-arginine serves as a precursor in the body for the production of nitric oxide, believed to have a critical role in human metabolism, and believed to be produced by the linings of the blood vessels known as the vascular endothelium. Because nitric oxide lasts only for a few seconds once produced, its discovery was particularly illusive, but once found, researchers appreciated that this was probably the mysterious molecule that controlled blood vessel dilation. L-arginine is an essential amino acid and one of the most important supplements available to improve circulation and blood vessel health. It is believed that nitric oxide causes blood vessels to relax, opening them up and promoting easy blood flow. Nitric oxide is believed to be involved in opening potassium channels known as "K-Channels". L-arginine has been shown to promote natural growth hormone (GH) release from pituitary gland. GH has been shown to support a healthy lifestyle and may minimise a related decline. This material may also assist in

kidney control of solubles in the body. The amino acid is also said to support healthy cholesterol balance, support immune function, to aid in liver detoxification, to be essential for muscle growth and tissue repair, assist in the body maintaining healthy blood pressure, minimise cardiovascular dysfunction and encourage healthy heart cells.

5 In so far as Soy isoflavones are concerned, soy and most soy based products are believed to be the only plant food that has all the essential amino acids required of the human body, making it a "complete protein source". Soy foods generally do not have any cholesterol and most are high in fibre. In addition, soy has many vitamins, minerals and phyto-chemical compounds (like isoflavones) that work together to create numerous health benefits. Soy isoflavones are plant
10 substances which are believed to contribute to hormonal balance when included as a dietary supplement. Soy products also include phytosterols. Soy isoflavones and phytosterols are known to supply mild estrogenic effects. The soy isoflavones, rich in phyto-nutrients, help prevent medical conditions associated with aging and from the large body of research can have a positive effect on hair for woman as well as for men. Soy beans contain phyto-estrogens, genistein being
15 one, which has been shown to have significant 5-alpha-reductase blocking activity, and androgen modulating activity. Another phyto-estrogen from soy beans, daidzien, also helps block the 5-alpha-reductase enzyme. It is believed that this material may also reduce the risk of heart disease. Soy bean products have been shown to lower LDL ("Bad") cholesterol, and significantly increase HDL ("good") cholesterol. These substances are also believed to play an important role in
20 protecting and maintaining strong and healthy bones, and as a treatment for osteoporosis.

Silica (horsetail herb) is believed to be the best and most concentrated plant source of the mineral silica for its introduction into the food chain. Silica is an important component of hair, nail, skin, bones, ligaments and collagen and is an essential herb needed for the physical integrity of these structures. Silica enhances the absorption of all minerals in the body. It has the
25 effect of strengthening hair follicles and stimulates and increases growth of hair. Silica tends to decline as humans age. This decline can be responsible for many complaints associated with aging, and conditions have been linked to silica such as dry hair, hair loss, dry skin, weak brittle hair and nails, nervousness, poor energy levels and the like. Weak bone structure silica maximises the absorption of calcium by the bones, may be strengthened and taking horsetail has
30 been clinically shown to help fractured and broken bones heal more quickly. Grains and cereal produced by modern farming practices tend to be depleted of nutrients and silica. It is believed

that very few foods have a high enough silica content to supply human dietary needs. Horsetail is rich in silicic acid and silicates which provide approximately 2-3% elemental silicone. The high concentration of silica in horsetail is highly absorbable and utilised to facilitate calcium absorption, thereby promoting hair and bone growth and collagen formation. The herb also
5 contains potassium, aluminium, manganese, calcium and 15 types of bioflavonoids, also known as vitamin P. Horsetail also supports the skeletal system by assisting in strengthening bones and connective tissues. Silicic acid contained in horsetail is believed to help improve circulation and build the immune nervous systems. It is also noted for stimulating thyroid function and helps facilitate calcium in the body, as well as in the healing of broken bones, arthritis, kidney and
10 urinary tract disorders and the like.

The nutrient inositol is believed to be essential for keratinocyte, a component in the cells which line the hair follicles. Inositol is an essential component of the vitamin B group and is often referred to as Vitamin B8. Inositol has an important part to play, not only being required for optimal general health, but also having specific functions in the body in which it assists.
15 Examples of these functions include hair growth, calming effect, lowering cholesterol in association with lecithin. The levels of inositol in the body can be depleted by caffeine, sulfonamide and excess water. Inositol is found in lecithin, whole grains, citrus fruit, liver, brewers yeast, vegetables, black strap molasses, soy beans and the like. The B group vitamins are important factors for proper maintenance of the nervous system, proper functioning of the cell
20 and its energy metabolism. Any kind of mental and physical stress, as well as poor eating habits, greatly increase the body's need for B group vitamins. Since B group vitamins are water soluble, they are not stored and since they are not produced by anabolism, must be supplied as the body needs them on a regular basis. Inositol, being highly hydroxylated (chemically, it is hexahydroxycyclohexane) is believed also to provide hydroxyl radicals. Inositol is believed to be
25 essential for overall growth.

Zinc is an essential mineral for body metabolism and has a myriad of health benefits for the human body. Zinc is believed to stimulate the activity of approximately 100 enzymes, substances which promote biochemical reactions in the body. Zinc supports normal growth and a healthy immune system. The mineral also helps to protect cells against oxidative damage,
30 safeguard red blood cell membranes against oxidative effects against of other minerals such as copper and iron, keeps cell membrane contents in place and selectively allows salts and other

components to flow in and out of cells. Zinc is also present in the mammalian male reproductive fluids. Dietary zinc is sourced from such foods as beans, whole grains, shellfish, red meat, dark meat, poultry and the like.

Panax quinquefolium root extract is also known by some as ginseng, a traditional herbal
5 remedy from Asia, and used extensively in Asian cultures. It has a myriad of health benefits, including helping the body to cope with stress, enhance feelings of calm and serenity, enhance energy, alertness reflexes and endurance, have a positive effect on the cardiovascular and central nervous systems, fortify both white cells and antibodies, enhancing their production in the bone marrow, shorten recovery time from illness or injury, alleviate some of the effects of ageing,
10 relieve tiredness, and act as a safe long-term stimulant. Ginseng also has been used as a sexual stimulant for both men and women, alleviating impotence in men and levelling the female cycle in women.

Vitamin E has been shown to retard cellular aging due to oxidation, the effect of maintaining peripheral circulation, is one of the more important anti oxidants, the strong presence
15 of vitamin E being linked to longevity, reducing the effects of oxidated stress, and is a vital part of the formula involved in retarding cellular aging. Vitamin E is a natural detoxifier of impurities within the metabolic system of the body. It increases blood circulation for healthy hair growth but, as it cant be stored in the body, deficiencies can occur without a person being aware of it. It is essential for the body growth of body tissue cells and blood vessels. Longer living humans
20 have been found to have higher amounts of vitamin E in their brain tissues.

Each member of the B vitamin group has a unique structure and performs a unique function in the human body. Vitamins B1, B2, B3 and biotin participate in different aspects of energy production, vitamin B6 is essential for amino acid metabolism, and folic acid facilitates steps required for cell division. Each of these vitamins has many additional functions. Biotin is
25 believed to increase elasticity of the hair's cortex preventing breakage and also thickens actual hair cuticle providing a fuller appearance and sounder result as a result of the increase diameter of the hair shaft. Biotin is sometimes referred to as Vitamin H, however it is generally accepted as being one of the B group vitamins. The vitamin promotes hair growth, protects against dryness, is involved in bio synthesis of unsaturated fats and is needed for energy metabolism.
30 Folic acid is a water-soluble B-complex vitamin which assists with hair and tissue growth and cell functions. Para aminobenzoic acid (PABA) is one of the lesser known members of the B

complex family referred to above as vitamin B_x. It has been shown to be an anti grey hair vitamin. The vitamin has been shown to restore normal hair colour. PABA is commonly used in sunscreens. In so far as the other vitamin B's are concerned, Vitamin B1 (thiamine) has a role in the development of blood cells and the maintenance of hair and scalp and muscle tissue. Vitamin
5 B2 (riboflavin) is involved in energy metabolism, and supports vision, hair and skin health. Vitamin B3 (niacin) is essential for the metabolism of carbohydrates, fat and alcohol, it helps maintain skin health and support the nervous and digestive systems. Pantothenic acid is considered to be important to the health of the skin and scalp, is necessary for the well being of every body cell and neither carbohydrate nor fat can be changed into energy without it. This
10 nutrient is obtained from liver, kidney, egg yolks, whole grains, milk and potatoes. The combined effects of the materials used to formulate the formulation of the present invention are believed to provide benefits in health and wellness of an individual as well as the trichological effects in stopping and preventing dihydrotestosterone, the cause of hair loss and hair thinning in men and woman, as well as other effects. It is believed that the natural properties of the formulation of the
15 present invention provide a more effective, quicker and widespread result than juice known as noni juice made from Tahitian noni berry and other currently available health and wellness products.

It is believed that whilst the entire combination of ingredients as set forth in the preferred embodiments of the invention works synergistically to provide the optimum general
20 health and wellness benefits, it will be appreciated that particular wellness benefits can be obtained by using less than the full complement of ingredients.

Although the invention has been described with reference to specific examples, it will be appreciated by persons skilled in the art that the invention may be embodied in other forms which are encompassed within the broad scope and ambit of the invention as defined by the following
25 claims.

CLAIMS

1. A formulation for well-being in humans including:
extracts from the herbal varieties:
Polygonum multiflorum,
Panax quinquefolium,
Gingko biloba, and
Equisetum arvense;
beta sitosterol
methyl sulfonyl methane;
soy isoflavones;
levo-arginine;
inositol;
niacin;
pantothenic acid or salts thereof;
alpha-tocopherol;
biotin;
pyridoxine hydrochloride
zinc (or amino acid chelate thereof); and
colostrum.
2. A formulation for well-being in humans including a 5-alpha reductase production inhibitor and methylsulfonylmethane.
3. A formulation for well-being according to Claim 2, wherein the 5-alpha reductase production inhibitor is selected from one or more phytosterols.
4. A formulation for well-being according to Claim 3, wherein the phytosterols are selected as equivalents to beta-sitosterol.

5. A formulation for well-being according to any one of Claims 2 to 4, wherein the 5-alpha reductase production may inhibitor includes extract from *Serenoa repens*
6. A formulation for well-being according to any one of Claims 2 to 4, wherein the 5-alpha reductase production may inhibitor includes extract from Saw palmetto.
7. A formulation for well-being according to any one of Claims 2 to 6 and including herbal extracts according to Claim 1.
8. A formulation for well-being according to Claim 1 or Claim 7, wherein the herbal extracts include *Pygeum repens*.
9. A formulation for well-being according to Claim 1, Claim 7 or Claim 8, wherein the formulation includes thiamine.
10. A formulation for well-being according to Claim 1 or any one of Claims 7 to 9, wherein the formulation includes riboflavin.
11. A formulation for well-being in humans including:
a 5-alpha reductase production inhibitor;
methylsulfonylmethane; and
extract from the herbal variety *Polygonum multiflorum*.
12. A formulation for well-being in humans including:
a 5-alpha reductase production inhibitor;
methylsulfonylmethane;
extract from the herbal variety *Polygonum multiflorum*; and
colostrum.
13. A formulation for well-being in humans including:
a 5-alpha reductase production inhibitor;
methylsulfonylmethane;

extract from the herbal variety *Polygonum multiflorum*; and
levo-arginine.

14. A formulation for well-being in humans including:
a 5-alpha reductase production inhibitor;
methylsulfonylmethane;
extract from the herbal variety *Polygonum multiflorum*;
levo-arginine and
colostrum.
15. A formulation for well-being in humans including:
a 5-alpha reductase production inhibitor;
methylsulfonylmethane;
extract from the herbal variety *Polygonum multiflorum*;
levo-arginine;
colostrum; and
Gingko biloba.
16. A formulation for well-being in humans including:
extract from the herbal variety *Polygonum multiflorum*;
a 5-alpha reductase production inhibitor;
methylsulfonylmethane; and
colostrum.
17. A formulation for well-being according to Claim 16 and including zinc amino acid
chelate.
18. A formulation for well-being according to Claim 16 or Claim 17 and including *Gingko*
biloba.
19. A formulation for well-being according to any one of Claims 16 to 18, wherein the
formulation includes any one or more extracts from the herbal varieties:

Polygonum multiflorum;

Ginkgo biloba;

Equisetum arvense;

Panax quinquefolium.

20. A formulation for well-being according to any one of Claims 16 to 19, wherein the formulation includes any one or more of the following components:

one or more soy isoflavones;

levo-arginine;

inositol;

niacin;

biotin;

calcium pantothenate;

dextro-alpha-tocopherol;

pyridoxine hydrochloride.

21. A formulation for well-being according to any one of Claims 1, 12, 14 to 20, wherein the colostrum is selected efficacy in ameliorating the reduction of growth hormone ("GH") and/or insulin-like growth factor 1 ("IGF-1") with ageing.

22. A formulation for well-being according to any one of Claims 1, 12, 14 to 20, wherein the colostrum is bovine colostrum.

23. A formulation for well-being in humans including, in a dosage in the range of 3 g to 8 g:
phytosterols in the range of 200 mg to 2500 mg;
the quantitative equivalent of *Polygonum multiflorum* root 4:1 in 70% EW in the range of 600 mg to 2600 mg;
methylsulfonylmethane in the range of 500 mg to 2000 mg; and
bovine colostrum in the range of 500 mg to 2000 mg.

24. A formulation for well-being according to Claim 23, wherein the formulation further includes the quantitative equivalent of *Ginkgo biloba* leaf extract 50:1 in 70% EW in the range of 50 mg to 1000 mg.
25. A formulation for well-being according to Claim 23 or Claim 24, wherein the formulation further includes the quantitative equivalent of zinc amino acid chelate 20% in the range of 10 mg to 40 mg.
26. A formulation for well-being according to any one of Claims 23 to 25, wherein the formulation includes any one or more of the following components:
- arginine in the range of 120 mg to 500 mg;
 - biotin in the range of 0.7 mg to 5 mg;
 - nicotinic acid in the range of 5 mg to 30 mg;
 - calcium pantothenate in the range of 10 mg to 400 mg;
 - pyridoxine hydrochloride in the range of 10 mg to 400 mg;
 - d- α -tocopherol acetate in the range of 200 IU to 800 IU; and
 - colloidal anhydrous silica in the range of 60 mg to 500 mg.
27. A formulation for well-being according to any one of Claims 23 to 26, wherein the formulation also includes any one or more of the following components:
- the quantitative equivalent of Glycine Max (soy) seed 65:1 in 75% EW in the range of 80 mg to 3250 mg;
 - the quantitative equivalent of *Panax quinquefolium* root extract 3:1 in 15% EW in the range of 50 mg to 1000 mg;
 - the quantitative equivalent of *Equisetum arvense* herb extract 4:1 in 100% water in the range of 50 mg to 1000 mg;
 - inositol in the range of 70 mg to 300 mg;
28. A formulation for well-being according to Claim 27, wherein the phytosterols are in the range of 200 mg to 2500 mg.

29. A formulation for well-being according to Claim 27, wherein the phytosterols are in the range of 200 mg to 1000 mg.
30. A formulation for well being according to Claim 27 when dependant on any one of Claims 24 to 26, wherein the Gingko biloba extract is in the range of 50 mg to 1000 mg.
31. A formulation for well being according to Claim 27 when dependant on any one of Claims 24 to 26, wherein the Gingko biloba extract is in the range of 50 mg to 500 mg.
32. A formulation for well being according to Claim 27, wherein the Panax quinquefolium root extract is in the range of 50 mg to 1000 mg.
33. A formulation for well being according to Claim 27, wherein the Panax quinquefolium root extract is in the range of 50 mg to 500 mg.
34. A formulation for well being according to Claim 27, wherein the Equisetum arvense herb extract is in the range of 50 mg to 1000 mg.
35. A formulation for well being according to Claim 27, wherein the Equisetum arvense herb extract is in the range of 50 mg to 500 mg.
36. A formulation for well being according to Claim 27, wherein the bovine colostrum is in the range of 50 mg to 2000 mg.
37. A formulation for well being according to Claim 27, wherein the bovine colostrum is in the range of 500 mg to 1000 mg.
38. A formulation for well being according to Claim 26, wherein the biotin is in the range of 0.7 mg to 3 mg.
39. A formulation for well being according to Claim 26, wherein the pyridoxine hydrochloride is in the range of 100 mg to 400 mg.

40. A formulation for well-being according to any one of Claims 27 to 39 and including Trusil natural lemon/lime in the range of 6 to 26 mg
41. A formulation for well-being according to any one of Claims 27 to 39 and including fructose in the range of 125 mg to 500 mg.
42. A formulation for well-being of a human patient including:
a biological sulfur nutritional supplement for providing biologically active sulfur;
one or more dihydrotestosterone blocking components for inhibiting the binding of dihydrotestosterone to receptor sites and/or inhibits the action of 5-alpha-reductase in converting testosterone to dihydrotestosterone;
one or more capillary blood-flow promoters for promoting capillary blood flow;
a growth factor component for promoting cell growth by ameliorating the reduction of growth hormone ("GH") and/or insulin-like growth factor 1 ("IGF-1") with ageing;
an amino acid component having at least some of all of the essential amino acids for human metabolism; and
a mineral component for introducing at least the minerals silicon and zinc into the patient.
43. A formulation for well-being according to Claim 42, wherein the formulation includes a vitamin component having at least some vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B8, vitamin B_x, and vitamin E.
44. A formulation for well-being according to Claim 42 or 43, wherein the components are selected from the phytosterols, Polygonum multiflorum root (fo-ti), Glycine Max (soy) seed, Gingko biloba leaf, Panax quinquefolium root, Equisetum arvense, inositol, methylsulfonylmethane, bovine colostrum, arginine, biotin, nicotinic acid, calcium pantothenate, pyridoxine hydrochloride, d- α -tocopherol acetate, Trusil natural lemon/lime or a flavouring agent equivalent thereto, fructose or a sweetening agent equivalent thereto, colloidal anhydrous silica and zinc amino acid chelate to make up a dosage in the range of 3 g to 8 g according to Claim 23.

46. A formulation for well-being according to any one of Claims 42 to 44, wherein the amino acid component includes isoflavones.
47. A formulation for well-being according to any one of Claims 42 to 44, wherein the amino acid component includes phytosterols.
48. A formulation for well-being according to any one of Claims 42 to 44, wherein the amino acid component includes a phytoestrogen.
49. A formulation for well-being according to any one of Claims 42 to 44, wherein the amino acid component includes Genistein.
50. A formulation for well-being according to any one of Claims 42 to 44, wherein the amino acid component includes Daidzien.
51. A medicinal formulation for well-being in humans including:
extracts from the herbal varieties:
 Polygonum multiflorum;
 Gingko biloba;
 Equisetum arvense;
 Panax quinquefolium;
methylsulfonylmethane;
levo-arginine;
a 5-alpha reductase production inhibitor;
one or more soy isoflavones;
inositol;
niacin;
biotin;
calcium pantothenate;
dextro-alpha-tocopherol;
pyridoxine hydrochloride;
zinc amino acid chelate; and

colostrum.

52. A formulation for well-being of a patient including, in a dosage in the range of 3 g to 8 g:

phytosterols in the range of 200 mg to 2500 mg;

the quantitative equivalent of *Polygonum multiflorum* root 4:1 in 70% EW in the range of 600 mg to 2600 mg;

the quantitative equivalent of Glycine Max (soy) seed 65:1 in 75% EW in the range of 800 mg to 3250 mg;

the quantitative equivalent of *Gingko biloba* leaf extract 50:1 in 70% EW in the range of 50 mg to 1000 mg;

the quantitative equivalent of *Panax quinquefolium* root extract 3:1 in 15% EW in the range of 50 mg to 1000 mg;

the quantitative equivalent of *Equisetum arvense* herb extract 4:1 in 100% water in the range of 50 mg to 1000 mg;

inositol in the range of 70 mg to 300 mg;

methylsulfonylmethane in the range of 500 mg to 2000 mg;

bovine colostrum in the range of 500 mg to 2000 mg;

arginine in the range of 120 mg to 500 mg;

biotin in the range of 0.7 mg to 5 mg;

nicotinic acid in the range of 5 mg to 30 mg;

calcium pantothenate in the range of 100 mg to 400 mg;

pyridoxine hydrochloride in the range of 10 mg to 400 mg;

d- α -tocopherol acetate in the range of 200 IU to 800 IU;

Trusil natural lemon/lime in the range of 6 to 26 mg or a flavouring agent equivalent thereto;

fructose in the range of 125 mg to 500 mg or a sweetening agent equivalent thereto;

colloidal anhydrous silica in the range of 60 mg to 500 mg; and

the quantitative equivalent of zinc amino acid chelate 20% in the range of 10 mg to 40 mg.

53. A method of enhancing the well-being of a human patient including the steps of:

preparing a predetermined quantity of a formulation consisting of: extracts from the herbal varieties *Polygonum multiflorum*, *Panax quinquefolium*, *Ginkgo biloba*, and *Equisetum arvense*; beta sitosterol; methyl sulfonyl methane; soy isoflavones; levo-arginine; inositol; niacin; pantothenic acid or salts thereof; alpha-tocopherol; biotin; pyridoxine hydrochloride; zinc (or amino acid chelate thereof); and colostrum and

preparing the quantity for ingestion by the human patient.

54. A method of enhancing the well-being of a human patient including the steps of: preparing a predetermined quantity of a formulation consisting of: a biological sulfur nutritional supplement for providing biologically active sulfur; one or more capillary blood-flow promoters for promoting capillary blood flow; a growth factor component for promoting cell growth by ameliorating the reduction of growth hormone ("GH") and/or insulin-like growth factor 1 ("IGF-1") with ageing; an amino acid component having at least some of all of the essential amino acids for human metabolism; a mineral component for introducing at least the minerals silicon and zinc into the patient; and a vitamin component having at least some vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B8, vitamin B_x, and vitamin E; and

preparing the predetermined quantity for ingestion by the human patient.