

# Humic-Monolaurin Complex

**Humic acids** are the organic components of soil, peats, brown coals, shales, and lake sediments, formed from decomposed plant material. They are complex, long-chain molecules, varying in molecular weight from 5,000 to 50,000 daltons. Humic substances are the most abundant source of non-living organic material found in nature.

The humic acid utilized in Humic-Monolaurin Complex undergoes a specialized proprietary extraction and purification process, and has an average size of about 50,000 Daltons. These large molecules are very flexible and have enhanced conformation and attachment capacities.\* This humic acid can bind to cell surfaces with no adverse effects on the cell itself or on cell growth, and can stimulate normal, healthy resistance and immune response.\*

Monolaurin is made from lauric acid, a saturated fatty acid that comprises approximately 50% of the fatty acid content of coconut oil. Lauric acid makes up 6% of the fatty acid content found in human breast milk, and 3% of that found in cow's milk and goat's milk. Monolaurin may help boost the immune system.\* Humic-Monolaurin Complex also contains a standardized extract of olive tree leaves (*Olea europaea*), with a minimum of 15% oleuropein, the bitter principle of olives, and Russian Choice Immune®, a lysate powder made from cell wall fragments of *Lactobacillus rhamnosus*. These lactobacillus cell wall fragments have shown significant immune system supporting properties.



#76720  
120 vegetarian capsules

## Key Features

- Provides antioxidant activity and supports normal, healthy immune response\*
- Helps neutralize and remove toxins\*
- Supports a general sense of well-being\*



As a group, humic acids present a kaleidoscope of soluble carbon. Humic substances are formed under many different environmental conditions and from a variety of starting materials, and humates from different regions of the earth contain various amounts and types of organic groups and configurations. Humic acid characteristics are also determined by how the deposit formed during the process of humification. The quality of product material for health or agricultural use is also affected by how the humic acid is extracted and purified.

In the soil, humic acids increase the permeability of plant membranes and enhance uptake of minerals and other nutrients, provide pH buffering, and help degrade and transport hydrophobic organic chemicals. They improve soil fertility, support the growth of helpful probiotic microbes, and enhance the sprouting of seeds and the growth and development of plants. They also impart the dark brown or black color to surface soils. Biologically active humic substances provide a biochemical bridge between minerals and living plant matter.

Clays, soils, and other earth substances have been utilized for health in many cultures for thousands of years. A practice common world-wide in folk medicine is to pack a deep scratch or wound with mud from special places. In the Chinese Materia Medica Pharmacological Compendium, Li Shi Zhen described the use of many natural humic-containing substances, such as various forms of clay and mud. In modern times, China has taken the lead in researching humic substances, and medical schools and hospitals have published hundreds of research papers.\* The Indian Ayurvedic tradition utilizes an earth substance, the prized shilajit, also known as "asphaltum". The humic acid in Humic-Monolaurin Complex could be considered a highly refined and purified form of shilajit.

Humic acid contains a wide range of essential minerals, and it can increase cell wall permeability, facilitating transport of minerals to the cells.\* Humic acid has antioxidant activity, helps neutralize and remove toxins, and supports a general sense of well-being.\*

In animal trials, humic acid exhibited no detectable toxic or other side effects, even at levels 50-100 times higher than ordinary human intake. In 200 mice injected with 1000 mg/kg (the limit of what could be injected), there were no adverse effects. This equates to a dose for an average human of 70,000 mg / day. There are no known drug contraindications.

Supplement Facts

Serving Size	2 Capsules	
Servings Per Container	60	
Amount Per Serving	% Daily Value *	
Monolaurin	500 mg	†
Olive Leaf Extract (min 15% Oleuropein)	350 mg	†
Humic Acid	250 mg	†
<i>Lactobacillus rhamnosus</i> Lysate Powder	25 mg	†

\* Percent Daily Value based on a 2000 calorie diet.  
† Daily Value not established.

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

**Suggested Use:** As a dietary supplement, 2 capsules two or three times daily, or as directed by a healthcare practitioner. Pregnant or nursing women, or children under the age of 4 should use only under the guidance of a healthcare practitioner.