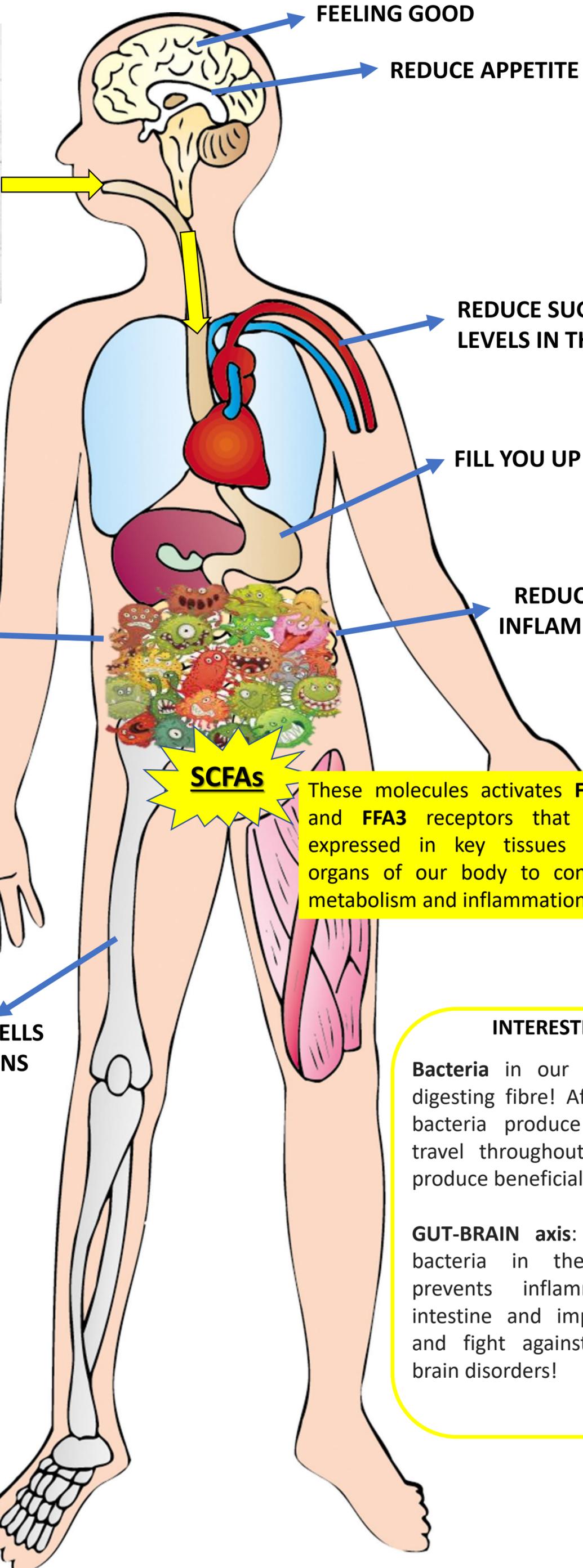




**FIBRE**



**SCFAs**

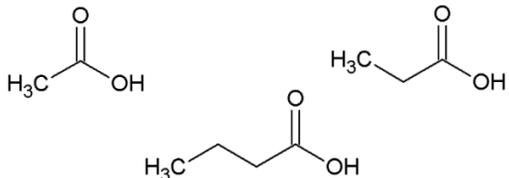
These molecules activates **FFA2** and **FFA3** receptors that are expressed in key tissues and organs of our body to control metabolism and inflammation.

**INTERESTING FACTS**

**Bacteria** in our intestine help us digesting fibre! After this digestion, bacteria produce **SCFAs** that can travel throughout our body and produce beneficial effects.

**GUT-BRAIN axis:** Fibre feed good bacteria in the intestine. This prevents inflammation of the intestine and improves our mood and fight against depression and brain disorders!

**SCFAs = Short Chain fatty Acids**





# CHILLIES

LACRIMATION

FEELING HOT

**CAPSAICIN**

This molecule activates **TRPV1** receptors that are expressed in neurons throughout our body where they regulate pain and heat sensations

BURNING SENSATION

BURNING SENSATION

ABDOMINAL PAIN

BURNS FAT!

## INTERESTING FACTS

**Capsaicin** is present in large quantities in the placental tissue (which holds the seeds), the internal membranes and, to a lesser extent, the other fleshy parts of the fruits of chillies.

Chillies contain **capsaicin** as a mechanism of defence against animals. Birds can eat chillies as they don't feel the heat from capsaicin and they are useful to disperse the seeds around.

## CAPSAICIN TOPICAL CREAM

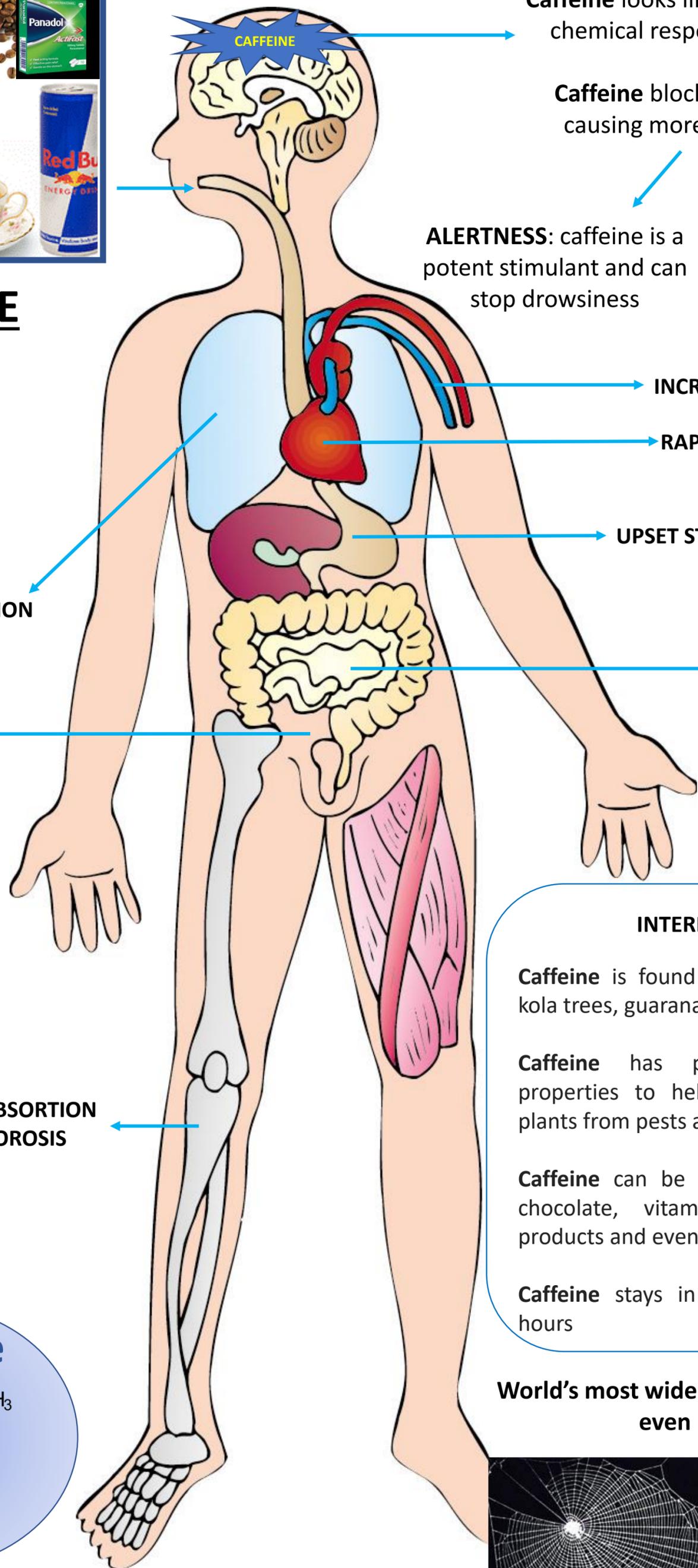


RELIEVE SKIN PAIN  
RELIEVE MUSCULOSCHELETAL PAIN





# CAFFEINE



**Caffeine** looks like **Adenosine**, the brain chemical responsible for sleepiness

**Caffeine** blocks **Adenosine** actions causing more brain firing activity

**ALERTNESS:** caffeine is a potent stimulant and can stop drowsiness

**CONFUSION:** caffeine may overstimulate the brain

**INCREASED BLOOD PRESSURE**

**RAPID HEARTBEAT**

**UPSET STOMACH/HEARTBURN**

**DIARRHEA**

**HYPERVENTILATION**

**INCREASED URINATION AND BLADDER ACTIVITY**

**PREVENTION OF CALCIUM ABSORPTION INCREASED RISK OF OSTEOPOROSIS**

## INTERESTING FACTS

**Caffeine** is found in tea shrubs, cacao and kola trees, guarana and yerba mate

**Caffeine** has pesticide and herbicide properties to help protect naturally the plants from pests as it can be toxic to insects

**Caffeine** can be found in medication, tea, chocolate, vitamin supplements, beauty products and even decaffeinated coffee

**Caffeine** stays in the body between 3-12 hours

**World's most widely used psychoactive drug even by spiders!!!**

