

## Herbal ingredients:

Centella asiatica, Alternanthera sessilis (Red)

### CareViva™ AdiCare Natural Metabolic & Inflammatory Balance Support

*A Botanical Nutraceutical for Detoxification, Metabolic Balance and Everyday Vitality*

**CareViva™ AdiCare** is a plant-based nutraceutical designed to support **metabolic health, relieve inflammatory stress** and **promote general wellness**. Grounded in Southeast Asian herbal wisdom and supported by modern scientific insights, **CareViva™ AdiCare** combines two complementary botanicals – *Centella asiatica* and *Alternanthera sessilis* – both known for their restorative and detoxifying properties.

Modern dietary habits, environmental exposure and stress can disrupt the body's natural metabolic and detoxification balance, leading to oxidative stress and chronic inflammation. **CareViva™ AdiCare** offers a gentle, natural approach to help the body cleanse, restore equilibrium and sustain energy and vitality from within.

### The Importance of Supporting Detoxification and Inflammatory Balance

Healthy metabolism depends on the body's ability to efficiently eliminate toxins, regulate energy use and maintain inflammatory balance. When these processes are disrupted – through poor diet, stress or lifestyle factors – metabolic waste and reactive compounds accumulate, triggering oxidative and inflammatory stress that can affect overall wellness. By supporting natural detoxification and cellular resilience, **CareViva™ AdiCare** helps the body maintain internal balance, reduce inflammation and sustain energy levels. This integrated support promotes not only cleansing and recovery, but also long-term vitality and wellbeing.

**CareViva™ AdiCare** is not a pharmaceutical product, but a botanical nutraceutical formulated to complement the body's natural ability to detoxify, rebalance and restore harmony.

### Ingredient Spotlight

*Centella asiatica* (Gotu Kola)

*Centella asiatica* is a rejuvenating herb long valued for its ability to protect tissues, support detoxification and soothe inflammatory pathways. Rich in triterpenoids (asiaticoside, madecassoside) and antioxidants, it helps promote cellular renewal and antioxidant defense. Scientific research indicates that it supports natural detoxification and cellular protection, helps modulate inflammatory mediators for tissue recovery, and contributes to circulatory and cognitive balance for general wellness.

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- Bandopadhyay et al., (2023). Therapeutic Properties and Pharmacological Activities of Asiaticoside and Madecassoside: A review. *Journal of Cell Mol Med*.
- Chang et al., (2023). *Centella asiatica* Lowers Body Fat Accumulation via Regulating Cholesterol Homeostasis- and Lipid Metabolism-Related Genes in Mice with High-Fat, High-Sugar Diet-Induced Obesity. *Appl Biol Chem*.
- Hasimun et al., (2021). *Centella Asiatica* Effect in A High Fat and Fructose Diet-Induced Model of Metabolic Disorder in Rats. *J Biochem Technol*.
- Sun et al., (2021). Madecassoside Inhibits Body Weight Gain via Modulating SIRT1-AMPK Signaling Pathway and Activating Genes Related to Thermogenesis. *Front Endocrinol (Lausanne)*.
- Uddandrao et al., (2020). Anti Obesity Efficacy of Asiatic Acid: Down-regulation of Adipogenic and Inflammatory Processes in High Fat Diet Induced Obese Rats. *Arch Physiol Biochem*.
- Zhao et al., (2016). Effect of *Centella asiatica* on Oxidative Stress and Lipid Metabolism in Hyperlipidemic Animal Models. *Oxid Med Cell Longev*.
- Maulidiani et al., (2016). Metabolic Alteration in Obese Diabetes Rats upon Treatment with *Centella asiatica* Extract. *J Ethnopharmacol*.
- Hussin et al., (2009). Modulation of Lipid Metabolism by *Centella Asiatica* in Oxidative Stress Rats. *J Food Sci*.

#### *Alternanthera sessilis* (Red Sessile Joyweed)

*Alternanthera sessilis* is rich in anthocyanins, flavonoids and phytosterols that help the body maintain oxidative and inflammatory balance. It supports detoxification pathways and promotes metabolic stability, contributing to overall wellbeing. Scientific findings show it may enhance liver and cellular detoxification, reduce inflammatory cytokines and oxidative stress and also promote cellular balance and vitality for sustained wellness.

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- Bhuyan et al., (2018). Effects of *Alternanthera sessilis* on Liver Function in Carbon TetraChloride Induced Hepatotoxicity in Wister Rat Model. *Ind Journal of Clinical Biochem*.
- Muniandy et al., (2018). Suppression of Proinflammatory Cytokines and Mediators in LPS-induced RAW 264.7 Macrophages by Stem Extract of *Alternanthera sessilis* via the Inhibition of the NF- κB Pathway. *Journal of Immunology Research*.
- Hossain et al., (2014). A preliminary evaluation of antihyperglycemic and analgesic activity of *Alternanthera sessilis* aerial parts. *BMC Complementary and Alternative Medicine*.
- Tan et al., (2013). *Alternanthera sessilis* Red Ethyl Acetate Fraction Exhibits Antidiabetic Potential on Obese Type 2 Diabetic Rats. *Evid Based Complement Alternat Med*.

#### **Additional References on Detoxification and Inflammatory Wellness:**

- Chavda VP et al., (2024). Inflammation: The Cause of All Diseases. *Cells*.
- Pahwa R et al., (2023). Chronic Inflammation. *In: StatPearls [Internet]*. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK493173/>
- Wondmkun YT. (2020). Obesity, Insulin Resistance, and Type 2 Diabetes: Associations and Therapeutic Implications. *Diabetes, Metabolic Syndrome and Obesity*.

#### **Summary:**

**CareViva™ AdiCare** Natural Metabolic & Inflammatory Balance Support brings together time-honored botanicals and scientific research to help the body detoxify, rebalance and restore inner vitality. By supporting detoxification, modulating inflammation and enhancing cellular function, **CareViva™ AdiCare** promotes metabolic balance, general wellness and long-term vitality – helping you feel renewed from the inside out.