

A Secret from Asia.

For centuries, Asian cultures have enjoyed a variety of health benefits. Compared to people in the West, Asians have lower rates of chronic illness and degenerative health conditions. They live longer, are healthier, and stay more active throughout life. Although many cultural and physiological forces are at play, scientists attribute these health benefits to a diet rich in isoflavones. Isoflavones are abundant in soybeans and products made from soybeans, staples in any traditional Asian diet. The chemical makeup of soybeans is at the heart of Genistein Combined Polysaccharide (GCP).

A commitment to science and education.

At Quality of Life labs we understand consumers have greater access to health information now than at any other time in history. We encourage each individual to research and understand the science behind his or her health options. Please do not hesitate to search out additional informative and scientific sources regarding GCP.

"GCP has been shown to interfere with abnormal cell masses both in vivo and in vitro. Lab experiments have shown GCP to have greater activity than genistein alone."

DR. AARON KATZ, Director
Center for Holistic Urology,
Columbia Presbyterian Medical
Center NYC



For more information regarding GeniKinoko:
Quality of Life Labs, Inc. (877) 937-2422 or visit www.Q-0-L.com

Quality of Life Labs, Inc.
2700 Westchester Avenue, Purchase, NY 10577

For more technical information
regarding the clinical research behind GCP™:
GCP Research Association at (914) 251-0255
or visit, www.GCPResearch.com.

GCP Research Association, PO Box 311, Rye, NY 10580

For information regarding Amino Up Company, Ltd.
the Japanese manufacturer of GCP: www.aminoup.co.jp.

**FREE GCP Educational CD from the
GCP Research Association**
Call (877) 937-2422 for more details



What You Should Know About GeniKinok brand GCP™



A Consumer's Guide to
Genistein Combined Polysaccharide.

What is GCP?

GeniKinoko™ contains GCP, a novel functional health food produced by the fermentation of soybean isoflavone extracts with basidiomycetes mushrooms. GCP is an acronym for Genistein Combined Polysaccharide and is derived from organic, GMO-free soybeans developed in Japan. GCP offers a rich content of isoflavone aglycones, especially genistein, as well as a rich content of polysaccharides from basidiomycetes.

Amino Up Chemical Company's innovative technology has allowed successful transformation of isoflavone glycosides into isoflavone aglycones by using glucosidase enzyme, the fermentation product of basidiomycetes.

GCP is:

- All natural and 100% organic
- A fermented soybean product rich in isoflavone aglycones
- Especially rich in genistein content
- Derived from certified organic GMO-FREE soybeans
- Produced by a proprietary fermentation process
- Contains basidiomycetes mushrooms
- Supported by clinical research
- Well documented in peer-reviewed research papers
- Sourced from Japan

NOTE: If you have a medical condition, allergies to soy or mushrooms, and/or an intolerance to soy or gluten, we recommend you check with your healthcare professional before using GCP.



1 Why fermented soy?

Fresh soybeans and other legumes contain isoflavones in a natural, glycosylated state. The hydrolysis of fermentation changes glycosylated isoflavones into aglycones. Isoflavone aglycones are more readily absorbed by the body than in the natural state. These aglycones are abundant in fermented soy products such as miso and natto. Much like culturing cheese, the bacteria used to ferment the soy determines the final product. Introducing *Saccharomyces rouxii* to soy creates miso and *Bacillus natto* creates natto. Introducing basidiomycetes mushrooms to soy creates GCP.



2 What role do the mushrooms play?

In traditional folk medicine, basidiomycetes mushrooms are useful against immune suppressive conditions. Today, scientists attribute this quality to their polysaccharide content. In addition, some basidiomycetes mushrooms are known to produce glucosidase enzymes when fermented. Glucosidase enzymes have the unique ability to convert isoflavone glycosides into glucose and genistein aglycones.

3 What is the end result?

Introducing the glucosidase enzymes from the mushrooms to soy isoflavone glycosides requires an innovative technology recently developed in Japan. Once proper fermentation is complete, the outcome is a substance containing a rich level of isoflavone aglycones, especially genistein, as well as polysaccharides from the mushrooms. GCP is well absorbed from the small intestine and is taken up by the liver where genistein in aglycone form enters circulation.

4 How does GCP affect immune response?

In the human immune system, the task of immune surveillance belongs to T-cells. T-cells are capable of recognizing and distinguishing mutated cells from normal cells. Mutated cells, however, can escape from the immune surveillance system when the system is suppressed. Restoring suppressed T-cell function is an important activity in maintaining immunity and health. Polysaccharides are reported to support immune response.* GCP contains a rich content of polysaccharides.

5 How safe is GCP?

Very. GCP is a natural and organic soy product and is considered a functional food. Soybeans and soybean products have been consumed by millions of people for thousands of years with great health benefits and no significant side effects. Similarly, basidiomycetes mushrooms, such as *Lentinus edodes* and *Ganoderma lucidum*, have also been used in culinary and medicinal ways for thousands of years. There have been no serious adverse effects reported of GCP in humans.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.