



2554 Lincoln Boulevard, #538  
Marina Del Rey, CA 90291  
(888) 741-5606  
(310) 741-5606  
hghealth.com  
info@hghealth.com

*For the Highest Level of Health, From the Earth's Greatest Nutrients™*

## **Perillyl Extract**

### **A Unique Cellular Purification and Protection Nutrient**

The humble cherry fruit contains a rich source of Perillyl Alcohol, a natural compound discovered to have cancer-fighting properties.

Perillyl alcohol (POH) also called p-menta, 1,7-diene-6ol or 4-isopropenyl-cyclohexenecarbinol, is a monoterpene isolated from the essential oils of certain plants, included cherries, cranberries, lemongrass and celery seeds.

A number of experiments on Perillyl alcohol have been conducted in recent years, mainly in the United States. Spurred by encouraging test results, the National Cancer Institute of America (CI) as well as the research departments of Yale University, University of Wisconsin, University of California and University of Indiana, have embarked on research on Perillyl alcohol.

Much evidence from the research highlighted that Perillyl alcohol could be used to prevent and treat many cancer related diseases and inhibit rejection after surgical operations for organ transplant.

In animal studies, it has been shown to regress pancreatic mammary and liver tumors, to exhibit possible application as a chemopreventive agent for colon, skin and lung cancer as a chemotherapeutic agent for neuroblastoma and prostate and colon cancer.

Monoterpenes such as limonene and Perillyl alcohol have been shown to prevent mammary, liver, lung, and other cancers." Michael N. Gould, Department of Human Oncology, University of Wisconsin, Madison, Wisconsin.

Research at the University of Iowa highlights the anti-cancer properties of Perillyl alcohol. According to University of Iowa biochemist, Raymond Hohl, M.D., tart cherries contain Perillyl alcohol, a natural compound that helps reduces the incidence of cancers.

"Preliminary research is showing that they contain unique plant chemicals that can prevent and treat many of today's worst health problems. Perillyl alcohol shuts

down the growth of cancer cells by depriving them of the proteins they need to grow. It works on every kind of cancer we've tested it against" explains Dr. Hohl.

According to the American Institute for Cancer Research (AICR) cherries contain several substances that fight cancer individually and in concert. Perillyl alcohol binds proteins to inhibit the growth signals that stimulate tumor development.

Perillyl alcohol enhances detoxification of cancer-causing agents. Perillyl alcohol may be protective against colon cancer and other cancers by enhancing the detoxification of carcinogens by the liver. Limonene, a monoterpene which yields the same metabolites as Perillyl alcohol, has been shown to increase the urinary excretion of the carcinogen DMBA and its metabolites by 2.3 fold. (carcinogenic metabolites)

Perillyl alcohol can revert tumor cells to a differentiated state without affecting normal cells.

It has been suggested, that those pre-disposed to cancer could consume Perillyl alcohol regularly as a preventive measure against the illness.

## **References:**

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2. Maltzman TH, Christou M, Gould MN, Jeffcoat CR. Effects of monoterpenoids on in vivo DMBA-DNA adduct formation and on Phase I hepatic metabolizing enzymes. *Carcinogenesis* 1991;12:2081-2087
3. Research highlighting the anti-cancer properties of Perillyl alcohol. University of Iowa biochemist, Raymond Hohl, M.D.