

# Understanding Supplement Ingredients

**A Visual & Educational  
Guide-II**



# About This Guide

In today's wellness-focused world, food supplements are part of many daily routines, yet the ingredient names on labels often remain confusing or misunderstood. This guide was created to simplify that experience.

*Understanding Supplement Ingredients: A Visual & Educational Guide* helps readers recognize and understand commonly used ingredients found in food supplements. Using clear explanations and visual references, it bridges the gap between scientific terminology and practical knowledge.

This book is purely educational and does not promote cures or treatments. Instead, it explains ingredient sources, general uses, and why they appear in wellness formulations.

Whether you're a health-conscious reader, content creator, or beginner exploring supplements, this guide is designed to support informed and confident ingredient awareness.

# 1. Eleuthero

**Scientific Name:** Eleutherococcus  
senticosus

**Found In:** Root of the Eleuthero shrub,  
native to Northeast Asia



## **How It's Used in Supplements:**

Eleuthero is commonly included in energy, endurance, and stress-support supplements..

## **Wellness Support & Benefits:**

Eleuthero supports sustained energy, physical endurance, and reduced fatigue. It is often used to help the body adapt to physical and mental stress as part of a balanced wellness routine.

## 2. Ginger Root

**Scientific Name:** Zingiber officinale

**Found In:** Underground rhizome of the ginger plant



### **How It's Used in Supplements:**

Ginger root is widely used in digestive, joint, and immune-support supplements.

### **Wellness Support & Benefits:**

Ginger supports digestive comfort, circulation, and inflammatory balance. It is commonly used to promote stomach comfort, joint flexibility, and overall digestive wellness.

### 3. Ginseng

**Scientific Name:** Panax ginseng

**Found In:** Root of the ginseng plant



#### **How It's Used in Supplements:**

Ginseng is commonly included in energy, metabolic, and vitality-focused supplements.

#### **Wellness Support & Benefits:**

Ginseng supports healthy blood glucose metabolism, mental focus, and sustained energy levels. It is often used to promote overall vitality and metabolic balance as part of a healthy lifestyle.

## 4. Grape Seed Extract

**Scientific Name:** Vitis vinifera

**Found In:** Seeds of grapes



### **How It's Used in Supplements:**

Grape seed extract is commonly used in antioxidant, circulation, and sensory-support supplements.

### **Wellness Support & Benefits:**

Grape seed extract provides antioxidant support that helps protect cells from oxidative stress. It supports healthy circulation and may contribute to maintaining delicate sensory tissues, including those associated with hearing wellness.

## 5. *Camellia Sinensis*/Green Tea

**Scientific Name:** *Camellia sinensis*

**Found In:** Leaves of the tea plant



### **How It's Used in Supplements:**

*Camellia sinensis* is used in antioxidant, metabolism, and cardiovascular-support supplements.

### **Wellness Support & Benefits:**

*Camellia sinensis* supports antioxidant protection, heart health, and metabolic balance. It is valued for its polyphenols that promote overall cellular wellness.

## 6. Griffonia Simplicifolia

**Scientific Name:** Griffonia simplicifolia

**Found In:** Seeds of the Griffonia plant



### **How It's Used in Supplements:**

Griffonia is commonly used in mood, sleep, and emotional wellness supplements.

### **Wellness Support & Benefits:**

Griffonia provides a natural source of 5-HTP, which supports serotonin production. It is often used to promote mood balance, relaxation, and restful sleep patterns.

## 7. *Gymnema Sylvestre*

**Scientific Name:** *Gymnema sylvestre*

**Found In:** Leaves of the *Gymnema* plant



### **How It's Used in Supplements:**

*Gymnema* is commonly used in metabolic and sensory wellness supplements.

### **Wellness Support & Benefits:**

*Gymnema* supports healthy glucose metabolism and may help maintain nerve and sensory function. It is sometimes included in formulas focused on overall metabolic balance and hearing-related wellness support.

## 8. *Humulus lupulus*

**Scientific Name:** *Humulus lupulus*

**Found In:** Flowers (cones) of the hop plant



### **How It's Used in Supplements:**

Hops extract is commonly included in sleep, relaxation, and mood-support supplements.

### **Wellness Support & Benefits:**

*Humulus lupulus* supports relaxation, calm mood, and restful sleep. It is often used to promote nervous system balance and overall emotional wellness as part of a healthy daily routine.

## 9. Licorice

**Scientific Name:** Glycyrrhiza glabra

**Found In:** Root of the licorice plant



### **How It's Used in Supplements:**

Licorice extract is widely used in digestive, adrenal, and respiratory wellness supplements

### **Wellness Support & Benefits:**

Licorice supports digestive comfort, adrenal balance, and immune wellness. It is commonly used to help maintain healthy stress response and overall internal balance.

## 10. Lutein

**Scientific Name:** Lutein

**Found In:** Marigold flowers, leafy green vegetables



### **How It's Used in Supplements:**

Lutein is commonly included in eye and vision-support supplements.

### **Wellness Support & Benefits:**

Lutein supports eye health by helping protect visual tissues from oxidative stress. It is valued for supporting visual clarity and long-term eye wellness as part of healthy aging.

## 11. Maca Root

**Scientific Name:** *Lepidium meyenii*

**Found In:** Root of the maca plant, native to Peru



### **How It's Used in Supplements:**

Maca root is widely used in energy, stamina, and vitality supplements.

### **Wellness Support & Benefits:**

Maca supports natural energy levels, endurance, and overall vitality. It is often included to help maintain physical performance and balanced mood without stimulants.

## 12. Peppermint

**Scientific Name:** *Mentha piperita*

**Found In:** Leaves of the peppermint plant



### **How It's Used in Supplements:**

Peppermint is commonly used in digestive and respiratory wellness formulas.

### **Wellness Support & Benefits:**

Peppermint supports digestive comfort, reduces bloating, and promotes respiratory freshness. It is valued for its soothing effect on the digestive system and overall comfort.

## 13. Shea Butter

**Scientific Name:** Vitellaria paradoxa

**Found In:** Nuts of the shea tree



### **How It's Used in Supplements:**

Shea butter is primarily used in topical wellness and personal care products.

### **Wellness Support & Benefits:**

Shea butter supports skin hydration, elasticity, and barrier protection. It is commonly used to nourish dry skin and maintain soft, healthy-looking skin.

## 14. Silymarin (Milk Thistle)

**Scientific Name:** Silybum marianum

**Found In:** Seeds of the milk thistle plant



### **How It's Used in Supplements:**

Milk thistle extract is widely used in liver and detox-support supplements.

### **Wellness Support & Benefits:**

Silymarin supports liver function and antioxidant defense. It helps protect liver cells from oxidative stress and supports natural detoxification processes.

## 15. Guarana

**Scientific Name:** Paullinia cupana

**Found In:** Seeds of the guarana plant



### **How It's Used in Supplements:**

Guarana is commonly included in energy and metabolism-support supplements.

### **Wellness Support & Benefits:**

Guarana supports metabolism, mental alertness, and physical energy. It provides a natural source of caffeine that promotes sustained energy without sudden crashes.

# Disclaimer

This eBook is provided for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease, nor should it be considered medical advice.

The information shared focuses on general wellness, lifestyle awareness, nutrition education, and ingredient understanding. Individual responses to dietary choices, lifestyle adjustments, or supplements may vary.

Readers should always consult a qualified healthcare professional before making changes to diet, physical activity, or supplement use—particularly if they have an existing medical condition, are pregnant or nursing, or are taking medications.

This content is not a substitute for professional medical care. Responsibility for personal health decisions remains with the reader.

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# About Supplements.Care

Supplements.Care is an independent health and wellness education platform focused on helping individuals make informed lifestyle and supplement-related decisions.

Our mission is to prioritize education before promotion. We publish content designed to support awareness, balance, and long-term wellness through practical guidance rather than quick fixes or exaggerated claims.

At Supplements.Care, we believe:

- Wellness works best when lifestyle habits come first
- Ingredient awareness matters
- Consistency outweighs extremes
- Informed choices build lasting confidence

We provide free guides, educational resources, and clear explanations across a wide range of wellness topics, including blood sugar balance, energy support, digestion, joint health, metabolism, and overall vitality.

Our goal is to help readers build sustainable wellness habits that fit everyday life.

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