hydrocortisone is an anti-inflammatory by reducing histamine secretion and stabilizes lysosomal membranes preventing damage to healthy tissue.

as a large group of keoua's warriors traveling with their families passed the crater of kilauea volcano, there was a sudden explosive eruption of searingly hot ash and gas.

b5 helps to convert choline into the important neuro-transmitter acetylcholine which plays a role in sex drive and vaginal lubrication.