

Superfruits – Acai Berry, Goji Berry & mangosteen whole fruit

Acai

Acai (pronounced: ah-sigh-ee) is an antioxidant-rich berry of the Acaizeiro Palm tree that grows in the Brazilian Amazon Region and is considered to be one of the top Superfoods in the world. Wild harvested in the rainforests of Brazil, Acai tastes like a vibrant blend of berries and chocolate. Hidden within its royal purple pigment is the magic that makes it nature's perfect energy fruit. The ORAC value of Acai Berry is higher than any other edible berry in the world! (Oxygen Radical Absorbance Capacity (ORAC) is a method of measuring antioxidant capacities of different foods.)

Acai is packed full of Anthocyanins (antioxidants), Essential Amino Acids, Omega 3, 6 & 9 Fatty Acids, Sterols, Fiber, Natural Vitamins A, C & E, Vitamin B complex and Trace Minerals.

THE BENEFITS OF ORGANIC ACAI

ENERGY & STAMINA - Packed with Anthocyanins (purple colored antioxidants), Trace Minerals, Vitamins A, C & E and Vitamin B complex, organic Acai gives you more energy and stamina through enhanced metabolism, improved cardiovascular function and formation of red blood cells.

STRENGTH & REGENERATION - An almost perfect blend of Essential Amino Acids and Trace Minerals that strengthen and regenerate muscles, bones and blood.

ANTI-AGING - High concentration of antioxidants that help fight free radical damage and help combat the effects of premature aging.

IMMUNE PROTECTION - Anthocyanins supports your body's natural ability to fight infections, diseases, colds and flu.

HEART HEALTH - Plant Sterols and Omega 3, 6 & 9 Fatty Acids help maintain healthy cholesterol levels and support a healthy cardiovascular system.

Acai - Euterpe Oleracea (Arecaceae)

The fruit is small, round and blackish purple; it looks like a grape, but smaller and darker. It has a big seed and very little pulp. Acai is widely used in energy drinks, ice cream, energy bars with granola, and now it is in its best form a powder extract that is more powerful and yet convenient to take.

In order to obtain a healthy Acai, the most important is the quickness in the time between the harvest and the processing. The Acai is very rich in anthocyanine, an antioxidation substance that helps to fight the cholesterol and free radicals. Have you ever heard that a glass of red wine everyday is good for the heart? This is because of the anthocyanine in the grape. It is not by accident that the color of the Acai is similar to the color of red wine, although the Acai has 33 times more anthocyanine than the grape. The anthocyanine is also a strong natural coloring.

Besides being considered one of the richest foods in iron, the Acai is also rich in fiber , which makes it strongly recommended for the elderly and/or for people with problems in

the digestive organs. For its microbiological characteristics the Acai is considered one of the most nutritive fruits in the Amazon, preceded only by the chestnut of Pera.

In summary, the Acai is a caloric drink (due the high lipase tenor), with high fiber tenor, anthocyanin and other micro-nutrients. Therefore, it can be considered one of the most nutritional fruits from Amazon.

Each year, the agricultural food industry is researching sources of natural colorants. Among these, anthocyanines are of particular interest due to the large range of colors that they have (orange, red, blue) and their very important nutritional properties. In effect, anthocyanines are pigments belonging to the flavonoid group and have very high antioxidant levels.

The quantification of anthocyanines in a product is generally done by quick and less costly techniques such as direct or indirect spectrophotometer and the use of a Minolta color meter. Please note that spectrophotometer can also give qualitative facts on the type of anthocyanines presents. The fruits of the Euterpe Oleracea are particularly rich in anthocyanines.

What benefits can I expect from Acai?

The following are just some of the reported benefits of taking Acai, results vary from person to person but benefits can be felt in 1-2 weeks of usage:

- Greater energy/stamina
- Improved digestion
- Improved Mental Focus
- Better sleep
- All nutrients come from one berry
- Acai has more proteins then an average egg
- Acai has a high amount of lipids that gives you the energy of a raging bull.
- It is an all in one Multi-Vitamin Product; why take 15 or 20 capsules just to have the same vitamins found in just 2 capsules of Acai.
- Acai has essential minerals such as iron, potassium, phosphorus and calcium. Acai has all natural Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin C, Vitamin E (tocopherol)
- Improved sexual function
- Acai has been shown to have up to 33 times the Antocyanine (a powerful Anti-Oxidant) then red wine grapes.
- Acai has a high level of fibers that is good for elderly and for people who have problems with digestive organs.
- Acai has two essential fatty acids known as Omega 6 (Linoleic acid) and Omega 9 (Oleic acid). Research shows that these fatty acids maintain normal cholesterol levels.
- Research has shown that these Anti-Oxidants help regulate normal cholesterol levels.
- Acai's Anti-Oxidant factors play a large role in maintenance of vascular cardiac system, which is important for better blood circulation.
- Acai is considered one of the richest nutritive fruits from the Amazon or the world for that fact.

- An almost perfect essential amino acid complex in conjunction with valuable trace minerals, vital to proper muscle contractions and regeneration.
- More bio-active than liquid freeze dried versions of Acai
- Very low Sugar content for a fruit
- Cleansing and Detoxing your body
- Boost your Immune System

Goji

Growing in some of the harshest climate conditions in the remote highlands of China, Mongolia, and Tibet and used as natural medicine across Asia for over 3,000 years, Goji berry (*Lycium Barbarum*) has long been known as the "longevity fruit". Researchers have discovered that Goji is rich in *Lycium Barbarum* Polysaccharides, potent glycoconjugates responsible for much of Goji's powerful benefits. These powerful antioxidants are exceptional sources of the essential cell nutrients responsible for proper immune function. These polysaccharides appear to be highly effective in raising the levels of immunoglobulin A (IgA), an immune protein that steadily declines with age. They also stimulate the release by the pituitary gland of the human growth hormone (hGH) known as the "youth hormone". This ability of Goji to reverse age-related declines provides the strongest evidence of its anti-aging potential.

THE BENEFITS OF GOJI

ANTI-AGING - Organic Goji helps to stimulate the release of hGH, the "youth hormone" and helps to reverse the age-related decline of IgA, an essential immune protein. This can result in improved immune response, looking and feeling younger, reduced body fat, improved memory and increased libido.

ENERGY & STAMINA - Organic Goji helps to increase energy and stamina, reduce fatigue and improve recovery from an illness or exertion.

WEIGHT CONTROL - Organic Goji helps to convert food into energy instead of fat and helps to improve digestion and to promote a healthy metabolism.

LIBIDO ENHANCEMENT - Organic Goji has long been used in Asia as a sexual tonic. Modern research has shown a positive effect on testosterone levels, thereby increasing libido in both men and women.

INFLAMMATION CONTROL - Organic Goji helps to stimulate the production of an important anti-inflammatory enzyme (SOD) to help combat chronic inflammation and joint problems.

Mangosteen Whole fruit

Regarded as the "Queen of Fruits," Mangosteen is native to the Malay Archipelago and Indonesia. Today it is abundantly grown in most wet, tropical regions of the Southeast Asia and beyond. Historically, Mangosteen has been used as a folk remedy to treat digestive and urinary tract disorders and as a health tonic for a wide variety of conditions. Mangosteen's scientific designation is *Garcinia Mangostana*.

The secret to the Mangosteen unique health benefits are Xanthonenes - highly specialized phytonutrients with powerful antioxidant properties. Xanthonenes (pronounced zan-thones) are biologically active plant phenols that are structurally similar to flavonoids that possess a high degree of medicinal properties. Mangosteen boasts the highest concentration of Xanthonenes of any fruit. Xanthonenes help fight and prevent cellular damage caused by free oxygen radicals, thus strengthening your body's immune system and improving your overall health.

THE BENEFITS OF MANGOSTEEN

ANTIOXIDANT PROTECTION - Prevents cellular damage from free oxygen radicals, promotes healthy cellular functions and supports cardiovascular health.

IMMUNE SUPPORT - Supports your body's natural ability to fight infections, diseases, colds and flu.

INFLAMMATION CONTROL - Supports healthy prostaglandin and histamine levels to control inflammation.

ENERGY & STAMINA - Provides nutritional support to improve digestion and absorption of nutrients to combat fatigue and improve energy and stamina.

HEALTHY DIGESTION - Promotes a healthy digestive system.

Xanthonenes are found in the most quantities in the mangosteen hull (or pericarp) and can help you to **STAY** healthy by boosting your immune system.

According to professional journals such as Free Radical Research, Journal of Pharmacology, and the Indian Journal of Experimental Biology, these Xanthonenes...are some of the most powerful antioxidants to be found in nature.

While it's true that most young people are healthy -- and thankfully so -- no matter how old you are, you're being exposed to free radicals by the millions each day.

- The Wellness Options, Lillian Chan

It's far easier to address serious health challenges **BEFORE** they begin -- with prevention - than after they've already taken hold in your body.

If Mangosteen and its Xanthonenes are making this much visible difference in people's lives - Personal Experiences (PE's) -- then how many more **INVISIBLE** differences may be going on?

Wouldn't it make logical sense for a healthy person -- of any age -- to begin drinking Mangosteen right away, in order to give the strong antioxidants within the fruit a chance to help **PRESERVE** their healthy well-being as much as possible?

"...the stage is set...to enhance the likelihood of older persons not only to avoid disease and disability, but to truly age successfully."

~ Dr. John Rove

PREVENTION: Mangosteen Can Be A Key!

- The medical properties of the Mangosteen are well- documented by empirical laboratory, scientific, medical, and experiential methods.

- The Mangosteen fruit is not system-specific, but pan- systemic - in other words, good for the WHOLE body.
- Over 40 different Xanthones have been found in the Mangosteen, which are chemically beneficial molecules, each having specific leading properties.
- These health promoting Xanthones help the body in so many ways - healthy foods help us age more successfully.
- These free radical scavenger/fighters stop pain, reduce swelling and inflammation, and help in the body's healing process.
- The "strong" antioxidants strengthen cell walls.
- They kill bacteria, viruses, and fungus.
- They stop the attack in DNA and even have restorative properties.
- They help the body run as a complete, interrelated and integrated system.
- They help the mind think better, adapt better, and give a sense of well-being (anti-depressant).
- They stop the damage of brain cells so they grow and divide properly and help the cell walls and the neuro transmitters function properly.
- They aid with Alzheimers, and all forms of memory loss.
- They help in the battle against degenerative diseases like cancer, heart disease, diabetes, arthritis, and all forms of brain malfunctions.
- They help the VISION process: cataracts, macular degeneration, glaucoma, and other forms of vision loss may be prevented. "By controlling free radicals, antioxidants can make the difference between life and death, as well as influence how fast and how well we age."
- Lester Packer, Ph.D., The Antioxidant Miracle

"There are few plants on the planet that influence the health and happiness of mankind in as many ways as mangosteen. In the last few centuries, the fruit of the mangosteen has been used for health. It has been talked about by the fortunate people of many continents." - Dr. Kenneth J. Finsand