

Protect What's Important to You

These fruits and vegetables are rich with key vitamins, minerals and phytonutrients to support your immune system.



Grapefruit Extract

Grapefruit plays an important role in weight-loss and overall well-being, as grapefruit reduces insulin levels, which regulates fat metabolism. Grapefruit may have the ability to control appetite.



Cabbage

A source of the phytonutrient called anthocyanins, cabbage supports healthy eye function. In addition, cabbage has been shown to reduce the pain associated with ulcers.



Selenium Yeast

Necessary for normal growth and development and for the use of iodine in thyroid function. Special yeast based forms may reduce risk of certain cancers. Selenium supports the immune system and can help asthma, atherosclerosis, infections, macular degeneration and rheumatoid arthritis.



Rose Hips Powder

One of nature's highest sources of vitamin C, rose hip supports healthy teeth, gums, blood vessels and capillaries. Useful for helping fight colds and infection.



Spinach

High in naturally occurring iron, spinach helps maintain healthy blood iron levels, thereby ensuring normal energy levels.



Onion

Onion has been traditionally used to maintain cardiovascular health. This allium species and their constituents, act on blood coagulability and have positive effects on other risk factors for cardiovascular disease.



Vitamin A Palmitate

Used for the maintenance of healthy skin, eyes, bones, hair and teeth. Vitamin A supports the immune system and has been shown to be helpful for cystic fibrosis, infection, night blindness, bronchitis, ulcers and wound healing.



Broccoli

Very high in a phytonutrient called sulforaphane, broccoli can help support immune function, prevent certain types of cancer and detoxify the liver.



Blueberry

High in antioxidants, blueberries help protect against reduction in brain function due to aging, as well as help reduce risk of many chronic degenerative diseases. They also function like cranberries and benefit the urinary tract health.



Carrot

Very high in natural beta carotene, carrots support healthy eye function as well as acting as a powerful natural antioxidant.



Beta Carotene

The body can turn beta carotene into vitamin A as required. Beta carotene is a strong antioxidant that protects the cells of the body from free radical damage. Beta carotene can protect the cells of the body from environmental damage.



Beets

Beets contain a component called betaine. There is evidence to suggest that beets can assist in maintaining a healthy liver by removing fat deposits.



Cauliflower

Cauliflower is in the same family as broccoli and cabbage and shares the same cancer fighting abilities as broccoli. Cauliflower contains sulforaphane and isothiocyanate, the two phytonutrients responsible for its cell protecting abilities.



Green Tea Extract

Containing a high level of a type of antioxidant poly phenols known as catechins, green tea helps keep the cells of the body healthy. With proper diet, it is known to help prevent certain diseases and cancers. Green tea also assists weight loss by helping the body burn fat quicker.



Sodium Molybdenum

This trace mineral is needed for metabolism of DNA and RNA and is helpful in fighting asthma.



Tomato

The main phytonutrient found in tomatoes, lycopene is a known cancer fighter, helps battle macular degeneration and helps with healthy heart.

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**Parsley**

This common cooking herb is used for its ability to enhance digestion. Parsley also contains quercetin, a phytonutrient that help with peptic ulcers.

**Raspberry**

Very high in natural antioxidants, raspberries also contain quercetins which help fight asthma and hay fever.

**Pineapple**

Pineapple is very high in vitamin C and the mineral manganese. In addition, pineapple contains the enzyme bromelain. This enzyme helps break down and digest protein in the diet.

**Vitamin C**

Acts as an antioxidant and is important for maintenance of bones, teeth, collagen and blood vessels (capillaries). Enhances iron absorption and red blood cell formation. Vitamin C can help with glaucoma, common cold and sore throat, capillary damage and athletic performance and recovery.

**Cherry**

High in anthocyanins, cherries help support healthy eyes and also contribute to the health of the cells of the body. Cherries are also strong in antioxidants.

**Apple**

Apples contain a type of fibre called pectin. This fibre helps promote regularity. Apples also contain phloretin which has antibacterial activity. Apples are also high in quercetin, a powerful phytonutrient.

**Zinc Sulfate**

Essential part of more than 100 enzymes involved in digestion, metabolism, reproduction and wound healing. Zinc supports the immune system and can help with the common cold/sore throat, wound healing, Crohn's disease and Wilson's disease.

**Folic Acid**

Necessary for proper red blood cell formation. Folic acid plays a role in the metabolism of fats, amino acids, DNA and RNA. Needed for proper cell division and protein synthesis. Proper folic acid levels are important for pregnancy and heart health.

**Prune**

Prunes are one of the highest antioxidants known to mankind! They have the highest ORAC measurement, the standard for measuring antioxidant values. Prunes also assist in bowel regularity.

**Mango**

Mango is an excellent source of beta carotene, potassium and vitamin C. High in natural antioxidants, mangos also contain an enzyme that helps improve digestion and sooth the stomach.

**Chromium Amino acid Karate**

Chromium is essential for the normal metabolism of glucose (blood sugar). As a result, it is helpful in weight management, diabetes, high cholesterol and hypoglycemia.

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