Garlic Powder
The active compound in garlic is called allin. This nutrient is useful in supporting the immune system and has also been shown to reduce cholesterol.

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.

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

Blueberry Powder
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.

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

Cabbage Powder
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.

Green Tea Extract
Containing a high level of a type of antioxidant polyphenols 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.

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

Onion Powder
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.

Strawberry Powder
Strawberries contain a range of nutrients, vitamin C heading the group. They also contain significant levels of phytonutrients and antioxidants, which fight free-radicals. Studies suggest that it can also help protect against age-related macular degeneration (ARMD) and rheumatoid arthritis.

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

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

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

Olive Powder
Olive oil contains natural polyphenols that help maintain heart health and protect against reduction in brain function as well as help reduce risk of certain cancers and maintain heart health by protecting the arteries from cholesterol build up.

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

Tomato Powder
Tomato powder contains lycopene, a powerful antioxidant that can help support immune function, prevent certain types of cancer and detoxify the liver.

REFERENCES

This flyer is not intended as medical advice, but is solely for educational purposes only. This guide is not intended to diagnose, treat, or prescribe, and does not replace the services of a trained health professional. The reader should consult a medical or health professional if they know or suspect they have a medical problem.

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Cherry Powder
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.

Orange Peel Powder
Very high in vitamin C and bioflavonoids, oranges help maintain healthy teeth, gums and connective tissue. Bioflavonoids also support strong capillary health.

Pineapple Powder
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.

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.

Mango Powder
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 soothe the stomach.

Vitamin A
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.

Zinc
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.

Chromium
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.

Apple Powder
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 phytoneutrient.

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

Licorice root
Licorice root has been shown to enhance the immune system as well as it is a very strong antioxidant. Used for thousands of years by the Chinese, licorice root is now being studied for its heart health properties, due mostly to its strong antioxidant properties.

Selenium
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.

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.

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.

Sancha berry
Contemporary research has focused on Sancha’s very strong anti-oxidant characteristics. Antioxidants help maintain healthy cells by destroying free radicals (unstable elements that damage healthy cells).

Pineapple contains the enzyme bromelain. This enzyme helps break down and digest protein in the diet.

For more information contact: