

Nutria is a powerful antioxidant formula that helps protect your body from the toxins of modern life. It's a breakthrough antioxidant supplement with key vitamins, minerals and phytonutrients to support your immune system.



Garlic Powder

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



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 isothiocyanate, the two phytonutrients responsible for its cell protecting abilities.



Carrot Powder

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



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.



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 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 anti-oxidant 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.



Tomato Powder

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



Spinach Powder

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



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.



Parsley

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



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.



Grape Seed Extract

High in catechins, grape skin has been shown to enhance immune function, reduce the risk of certain cancers and maintain heart health by protecting the arteries from cholesterol build up.



Rose Hips

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.



Broccoli Powder

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

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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.

**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 sooth 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.

**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.

**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.

**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.

**Reishi mushroom**

Referred to in imperial China as "the elixir of life"; its use was reserved for the Emperor. Studies have shown that reishi mushroom enhances the immune system, thereby increasing the body's resistance to disease.

**Vitamin E**

As a powerful antioxidant, vitamin E helps protect cell membranes, lipoproteins, fats and vitamin A from destructive oxidation. Helps protect red blood cells from damage. Vitamin E can help epilepsy, immune function, atherosclerosis and athletic performance.

**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.

**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.

**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.

**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 phytonutrient.

**Schisandra berry**

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

**Molybdenum**

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

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Schisandra berry is known to have antioxidant and anti-inflammatory properties (Natural Medicines Comprehensive Database, 2005; Upton, 1991)

For more information contact:

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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