



### Fruit and Veggies in a Capsule?

For many years, scientists have studied the health benefits of fruits and vegetables and their importance to overall health and wellness. Recent discoveries in phytonutrient science have revealed new secrets to achieving maximum antioxidant protection. Phytonutrients are specialized compounds found in fruits, vegetables, and plants. New classes of phytonutrients called flavonoids and carotenoids are found to provide the body with extremely potent antioxidant protection. We need antioxidant protection more today than ever before. Pollution, exposure to sunlight, stress, and even normal metabolism can produce free radicals, which damage the cells and DNA in our bodies. Antioxidants help protect cells from free radical damage. Recently, scientists have searched the world to uncover and deliver the most potent flavonoids and carotenoids available:

- To Hawaii for microalgae that produces astaxanthin
- Across the United States for passionflowers that yield flavones, and citrus fruits that provide flavanones
- To Nova Scotia for wild blueberries that produce anthocyanidins
- To France for grapeseed that yields proanthocyanidins
- To Israel for non-GMO tomatoes for lycopene
- To Malaysia for oil of palm for alpha and beta carotene
- To Thailand for marigolds that produce lutein
- To China for green tea that yields flavan-3-ols
- To Brazil for fava d'anta that produces quercetin
- To Austria for elderberries that produce anthocyanidins
- To Australian salt marshes for sea algae that yields beta carotene

These remarkable ingredients have been captured in two revolutionary products. Unless you happen to live on a farm, getting the five to nine recommended servings of fruits and vegetables is not only difficult, but also not very likely. Most people simply don't eat a sufficient quantity or variety of deep-green, yellow, blue, and red fruits and vegetables everyday. As a result, few get the broad-base phytonutrient defense to help fend off free radicals.

One of the vendors we are aligned with has found a way to maximize your antioxidant protection. It is a dynamic antioxidant duo: water-soluble and fat-soluble together, these nature-based supplements provide a broad spectrum of high-power antioxidants that help protect cells from free radical damage.\*

Please contact me at: [bhelmsbot@msn.com](mailto:bhelmsbot@msn.com) if you would like to know more!