

LIFE GREENS & BERRIES™

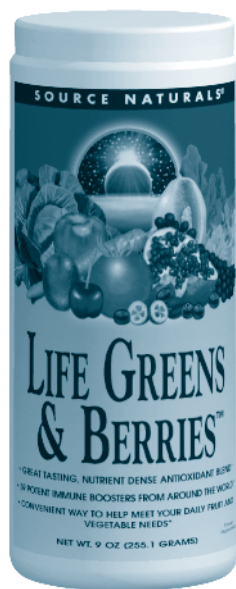
ROBUST FRUIT & VEGETABLE BLEND FOR CONVENIENCE AND NUTRITION



A diet rich in fruits and vegetables is the cornerstone of vibrant health. Beginning at the cellular level, fruits and veggies provide phytonutrients that bolster your body's immune defenses and provide support for the functioning of the most important systems in your body. The problem, however, is that only a small fraction of Americans eat well enough to benefit from the optimal daily amount of fruits and vegetables; all too often we end up sacrificing nutrition for

convenience. It is for this reason that Source Naturals has formulated LIFE GREENS & BERRIES in a ready to mix powder. Just add water or juice.

Source Naturals LIFE GREENS & BERRIES is a pleasant-tasting powder that bundles the wholesome goodness of exotic fruits, cereal grasses, micro-algae, mushroom myconutrients, herbs, vegetables, high-potency antioxidant extracts, and several effective probiotic strains to support optimal nutritional health. Source Naturals has created LIFE GREENS & BERRIES, a broad-ranging component of the System-iCare™ plan for optimal well-being as it supports six of the following deep metabolic systems: Immunity, Liver/Detox, Circulation, Antioxidant Defense, Cells/DNA and Inflammation Response.



Strategies for Wellness SM

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Cornerstone of Long-Term Wellness

In 2005, The US Center for Disease Control and Prevention published a study revealing that less than one third of American adults get the recommended daily intake of fruits and vegetables. Statistics also suggest that the vast majority of Americans are also missing out on the powerful antioxidant, nutritional, and beneficial effects that fruits and vegetables naturally provide. Scientists and nutritionists agree that wholesome fruits and veggies, rich in polyphenols, play a direct role in the support of normal, healthy aging and that a great many of our most prevalent health concerns may be circumvented through the regular consumption of nutritious fruits and vegetables. The ingredients in LIFE GREENS & BERRIES have several strains of probiotics to naturally assist the body's digestive system and optimize nutrient absorption. Also, the multiple blends and extracts have specific benefits for antioxidant defense, immune health, healthy liver function, stress management and circulation. There is agreement among physicians and nutritionists that scientifically formulated supplements may fill nutritional gaps and help restore balance and nutritional wholeness in those diets lacking in fruits and vegetables. With this in mind, Source Naturals LIFE GREENS & BERRIES was formulated to be a cornerstone of your long-term wellness program.

Multi-Natural Compounds

A powerful medley of 59 ingredients goes into Source Naturals LIFE GREENS & BERRIES, offering a broad range of health benefits for your body's most important systems. To support optimal nutritional health, Source Naturals has formulated specific natural compounds to enhance the vitalizing action of this high potency fruit and vegetable blend.

• Sea Greens and Grasses Blend: 2.23 g

Wheat Grass Juice Powder, Barley Grass Juice Powder, Oat Grass Juice Powder, Spirulina, Chlorella, Sea Veggie Blend (*Laminaria japonica*, *Ascophyllum nodosum*, *Macrocystis periferia*, *Ecklonia kurome*, *Alara esculenta*). Cereal grasses are immature forms of grains that are highly potent sources of chlorophyll, vitamins, and minerals. Spirulina is a complete vegetable protein containing all essential amino acids. Spirulina and chlorella are high in chlorophyll with heavy metal chelating properties. The

nutrient-dense Sea Veggie Blend includes *L. japonica*, a specific genus of seaweed and natural source of iodine, algin and mannitol.

• Vegetable Medley Blend: 313 mg

Carrot, Broccoli Leaf Juice Powder, Spinach Leaf Juice Powder, Beet Root Juice Powder, Tomato, Kale Leaf, Cabbage Leaf, Parsley Leaf, Cauliflower Sprout. The ingredients in Vegetable Medley Blend are rich in carotenes, antioxidants, carotenoids, indole-3-carbinols, DIM (diindolylmethane), sulforaphane and multiple vitamins and minerals. These combined ingredients provide benefits for circulation, cellular and antioxidant support and healthy vision.

• The Tropical Rainforest Blend: 972 mg

Contains Camu Camu Fruit Extract (standardized to 12% vitamin C), Passionfruit Juice Powder, Pineapple Juice Powder, Four Fruit Blend Juice Powder (passion-fruit, guava, pineapple, cashew fruit), Acerola Cherry Extract (standardized to 17% vitamin C), Cupuacu Fruit Pulp Juice Powder, Açai Fruit Juice Powder. Camu Camu is naturally high in vitamin C and flavonoids. Also, the Four Fruit Blend Juice Powder is rich in vitamin C and antioxidants, while pineapple contains a proteolytic enzyme bromelain for digestive support. Açai Juice Powder is rich in polyphenols and anthocyanins.

• Farmer's Market Fruit Blend: 191 mg

Blueberry Juice Powder, Cherry Fruit Juice Powder, Cranberry Juice Powder, Pomegranate Kernel Extract (standardized to 4% ellagic acid). The blueberry and cherry extract are sources of anthocyanin, a powerful antioxidant. Pomegranate contains ellagic acid for support of healthy DNA and cell function.

• Detox and Liver Health Blend: 268 mg

Black Walnut Hull Extract (4:1), Schisandra Berry, Artichoke Leaf Extract (standardized to 4% chlorogenic acid and 9% caffeoylquinic acid derivatives), Silymarin (from milk thistle seed extract). Schisandra is known for supporting liver health. Polyphenols, chlorogenic acid and caffeoylquinic acid are active ingredients in artichoke leaves. These ingredients are effective in digestive health and in maintaining cholesterol in the normal range. The main active substance in milk thistle, silymarin, protects liver cells and speeds up their regeneration.

• **High ORAC Antioxidant Defense Blend: 434 mg**

OxyPhyte® Grape Seed Extract (standardized to 95% polyphenols), Red Wine Powder, Goji Fruit Extract (standardized to 15% polysaccharides), OxyPhyte® Green Tea Leaf Extract Decaffeinated (standardized to 90% polyphenols, 80% catechins and 40% EGCG), OxyPhyte® Grape Skin Extract (standardized to 10% resveratrol and 40% polyphenols), Mangosteen Whole Fruit Extract (standardized to 20% mangostin), OxyPhyte® Apple Extract (standardized to 75% polyphenols), Turmeric Root, Bilberry Fruit Extract (standardized to 25% anthocyanidins). Grape seed extract features polyphenols and flavonoids for antioxidant protection. Resveratrol from grape skin extract supports healthy circulation. The polysaccharides in goji berries support healthy blood sugar balance, cholesterol wellness, healthy circulation and cellular metabolism. Turmeric is a source of curcumin that quells metabolic inflammation through COX-2 inhibition. Mangosteen which is rich in xanthone has antioxidant properties and provides support for healthy vision. Bilberry is high in anthocyanins that support the eyes and blood vessels. Green tea is an antioxidant and may support healthy cholesterol levels. The major antioxidants in apple powder are polyphenols: quercetin glycoside, phloretin glycoside, chlorogenic acid and epicatechin. The antioxidant activity in apples provides benefits for the liver and colon and supports a healthy heart.

Immune Boosting Blend: Reishi Mushroom Extract (6:1), Cordyceps sinensis Mycelia CS-4 Standardized Extract (.1% adenosine), Shiitake Mushroom Extract (4:1), Turkey Tail Mycelia Biomass, Maitake Mycelia Biomass, Agaricus blazei Mycelia Biomass, Astragalus Root. Immune Boosting blend contains high concentrations of polysaccharides and glycoproteins, known for their immune enhancement properties. The beta-glucans from Turkey Tail and Agaricus blazei boost Natural Killer Cell activity. Astragalus Root Powder contains flavonoids, pterocarpanes, isoflavones, coumarins and immune-enhancing polysaccharides.

• **Stress Reduction Blend: 78 mg**

Eleuthero Root, Asian Ginseng Root Extract (80% total ginsenosides). Contains both

eleuthero root and panax ginseng powder. The active components of eleuthero root are eleutherosides which consist of saponins, coumarins, phenylpropanoids, betulinic acid, vitamin E, and pro-vitamins like beta-carotene. Ginseng consists of the following constituents: saponin glycosides, glycans, and volatile oil containing b-elemene and two acetylenic compounds. Ginseng is highly regarded in Chinese medicine as an adaptogen to help the body adapt to stress.

• **Probiotic Blend: 3.1 billion count**

Lactobacillus Group 2.2 billion count: Lactobacillus rhamnosus, Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus bulgaricus. Bifidobacterium Group 0.6 billion count: Bifidobacterium longum, Bifidobacterium breve. Streptococcus thermophilus 0.3 billion count.

The multiple ingredients in Probiotic Blend facilitate the breakdown of phyto-nutrients in the digestive tract.

• **ORAC Antioxidant Blend**

Oxygen Radical Absorbance Capacity (ORAC) is a USDA-developed method which measures antioxidant potency, or the ability of a substance to quench free radicals. The ORAC antioxidant blend found in Source Naturals LIFE GREENS & BERRIES contains ingredients standardized to antioxidant compounds found in antioxidant-rich foods such as resveratrol from grape, polyphenols from apple, anthocyanins from bilberry and OPC's (oligomeric proanthocyanidins) from grape seed. Proanthocyanidins, the major polyphenols of grape seeds, are an important part of the traditional human diet, responsible for the astringent character of fruits, berries, beans, nuts, cocoa, tea, and wine. Each serving of Source Naturals LIFE GREENS & BERRIES blend is guaranteed to provide 3375 ORAC units, using the latest ORAC reference data.

Strategies for Healthy Living

It's no secret that diets rich in natural fruits and vegetables are associated with preserving health and longevity. According to key recommendations in the USDA Dietary Guidelines for Americans 2005, Americans should:

Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 ½ cups of vegetables per day are recommended for a reference

2,000-calorie intake, with higher or lower amounts depending on the calorie level.

Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

Source Naturals Life GREENS & BERRIES Blend will not only aid you in reaching the USDA fruit and vegetable recommendations, but also provide a variety of antioxidants and nutritional support for multiple body systems. Cereal grasses, fruits and vegetables are rich in essential vitamins, minerals and beneficial plant compounds called phytonutrients. Juicing these foods further concentrates these phytonutrients by removing indigestible and non-nutritive components. In addition, the juice powders found in Source Naturals Life GREENS & BERRIES are produced using low temperatures and gentle processing to preserve these crucial nutrients, providing a phytonutrient-dense form of key superfoods.

Maximizing Efficacy

Source Naturals has taken extra steps to ensure that Life GREENS & BERRIES fully unlocks the power of every ingredient. This greens blend uti-

lizes a special quality control process that follows every step along this product's lifetime, guaranteeing high production and formulation standards. Many greens formulas use low-nutritive fillers such as soy lecithin. Life GREENS & BERRIES is 100% filler-free, maximizing the nutritional value of each serving. Working in harmony with the SystemiCare™ plan for well-being, Source Naturals Life GREENS & BERRIES conveniently brings you the many benefits that wholesome fruits and vegetables naturally offer.

References:

USDA Dietary Guidelines for Americans 2005
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Strategies for Wellness™

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