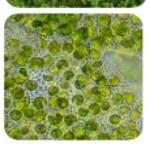


# The Nutritive Benefits from Each of the 36 Superfoods



**Spirulina** The unique phytonutrients that Spirulina is packed with, not only enhance the immune system, but also reduce the risks of infection, cancer and auto immune diseases.

**E3 Klamath Algae & E3 Extract** Produced and harvested in the Upper Klamath Lake in Oregon, is considered to be far superior because of the lake's purity and mineral-rich volcanic basin nutrient density.

**Chlorella** Treating tumors, preventing cancer, reducing radiation treatment side effects, stimulating the immune system, increasing white blood cell counts (especially in people with HIV infection or cancer), treating fibromyalgia, preventing colds, protecting the body against toxic metals such as lead and mercury, slowing the aging process, prevent of stress-related ulcers; hypertension.

**Stinging Nettle** Anti-inflammatory and diuretic properties for painful muscles and joints, eczema, arthritis, gout, and anemia. It is commonly used to treat urinary problems, urinary tract infections, hay fever (allergic rhinitis), or in compresses or creams for treating joint pain, sprains and strains, tendonitis, and insect bites.

**Maca Root** "Superfood of the Andes", Maca root is rich in B-vitamins, is a vegetarian source of B-12, has high levels of bioavailable calcium and magnesium. Rebuilds weak immune systems, re-mineralize poorly nourished bodies, and increase energy and endurance.

**Burdock Root** Remedy colds, measles, throat pain, and tonsillitis. Modern uses include the treatment of certain cancers. Burdock enhances the performance of many of the organs which purify the body and eliminate toxins or waste (like the kidneys, liver, colon, etc).

**Nopal Cactus** For over 12,000 years in ancient Mexican cultures the Nopal Cactus was widely used for its legendary medicinal qualities. Today, it is used to treat Type 2 diabetes, high cholesterol, colitis, diarrhea, and benign prostatic hypertrophy (BPH). It is also used to fight viral infections. Nutritionally, it is valued for its high content in fiber and calcium.

**Aloe Vera** Treatment of diabetes, asthma, epilepsy, and osteoarthritis; while, topically, it is used for osteoarthritis, burns, sunburns, and psoriasis. It soothes the inner lining of the intestines and aids in improved bowel elimination, helping the body to remove toxins and lose unwanted weight.

**Goji Berry Juice** Diabetes, high blood pressure, fever, and age-related eye problems. Goji berries are eaten raw, cooked, or dried (like raisins) and are used in herbal teas, juices, wines, and medicines.

**Mangosteen Extract** Rind alone contains 40 antioxidant nutraceutical xanthone alkaloids which assist the immune system in fighting nanobacteria as well as whatever viruses, fungi, yeasts, and infections, that are dormant in the body. Fights organisms that cause rheumatism and arthritis better than any other known botanical substance.

**Acerola** Preventing heart disease, atherosclerosis, blood clots, and cancer. On a regular basis it is taken to treat (and prevent!) the common cold, pressure sores, tooth decay, gum infections, depression, hay fever, and collagen disorders. Improves physical endurance.

**Amla Berry** Most concentrated form of Vitamin C in the plant kingdom. Aids in food and calcium absorption creating healthier bones, teeth, nails and hair, reduces acidity. Stimulates the liver function, helping to eliminate toxins from the body.

**Acai Berry** Powerful antioxidant that help defend the body against free radicals (harmful byproducts produced by the body). They also play a role in the body's cell protection system, assisting in the deceleration of the aging process and interfering with the development of diseases by neutralizing free radicals.

**PLUS:** Nova Scotia Dulse, Sprouted & cold-milled Flax & Chia seeds, Probiotics, Shilajit, Enzymes