

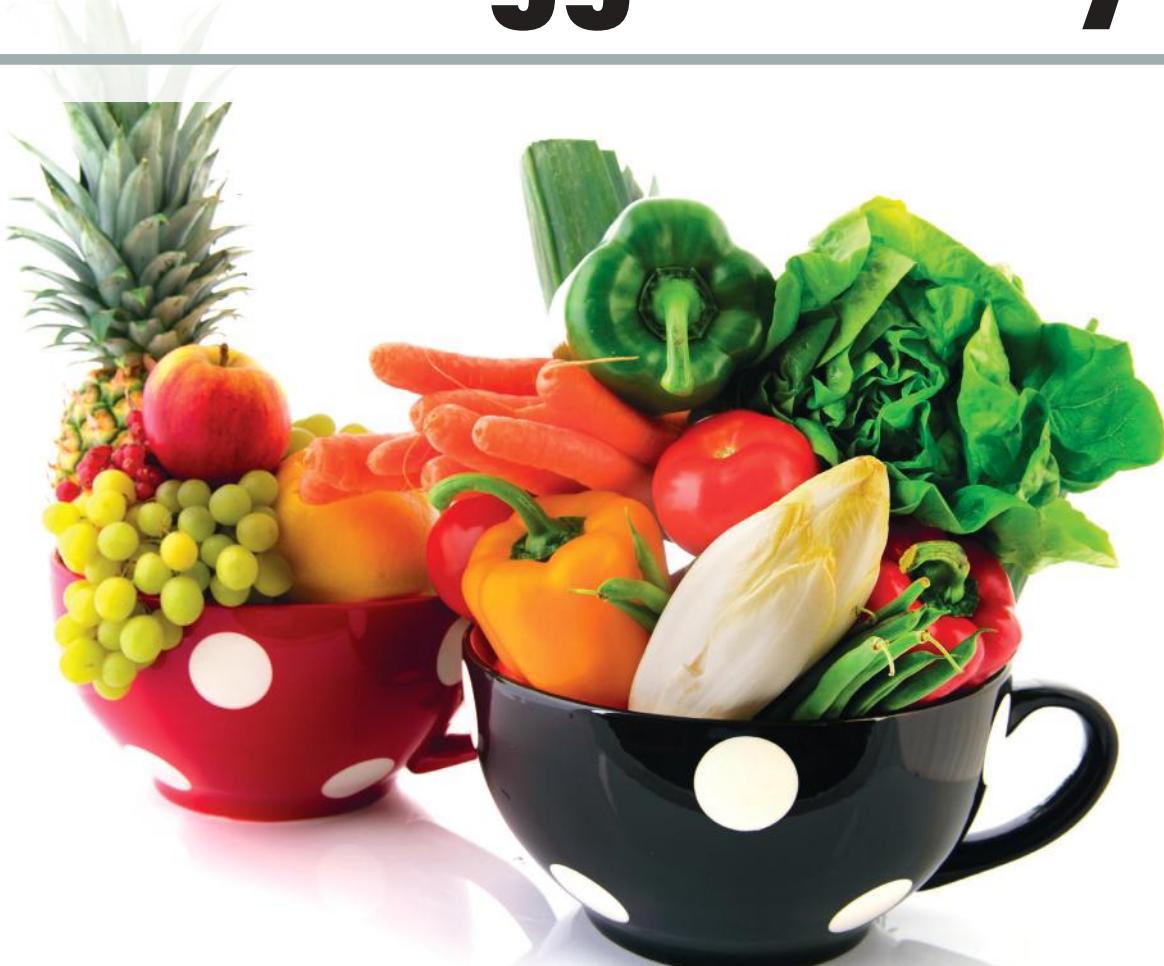
# **ORAC: Oxygen Radical Absorbency Capacity measures antioxidant capacity in food.**



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# You may lower your risk of Macular Degeneration by eating 5-9 servings of Fruit & Veggies daily.\*



\*[www.amd.org/what-can-i-do-about-macular-degeneration](http://www.amd.org/what-can-i-do-about-macular-degeneration)

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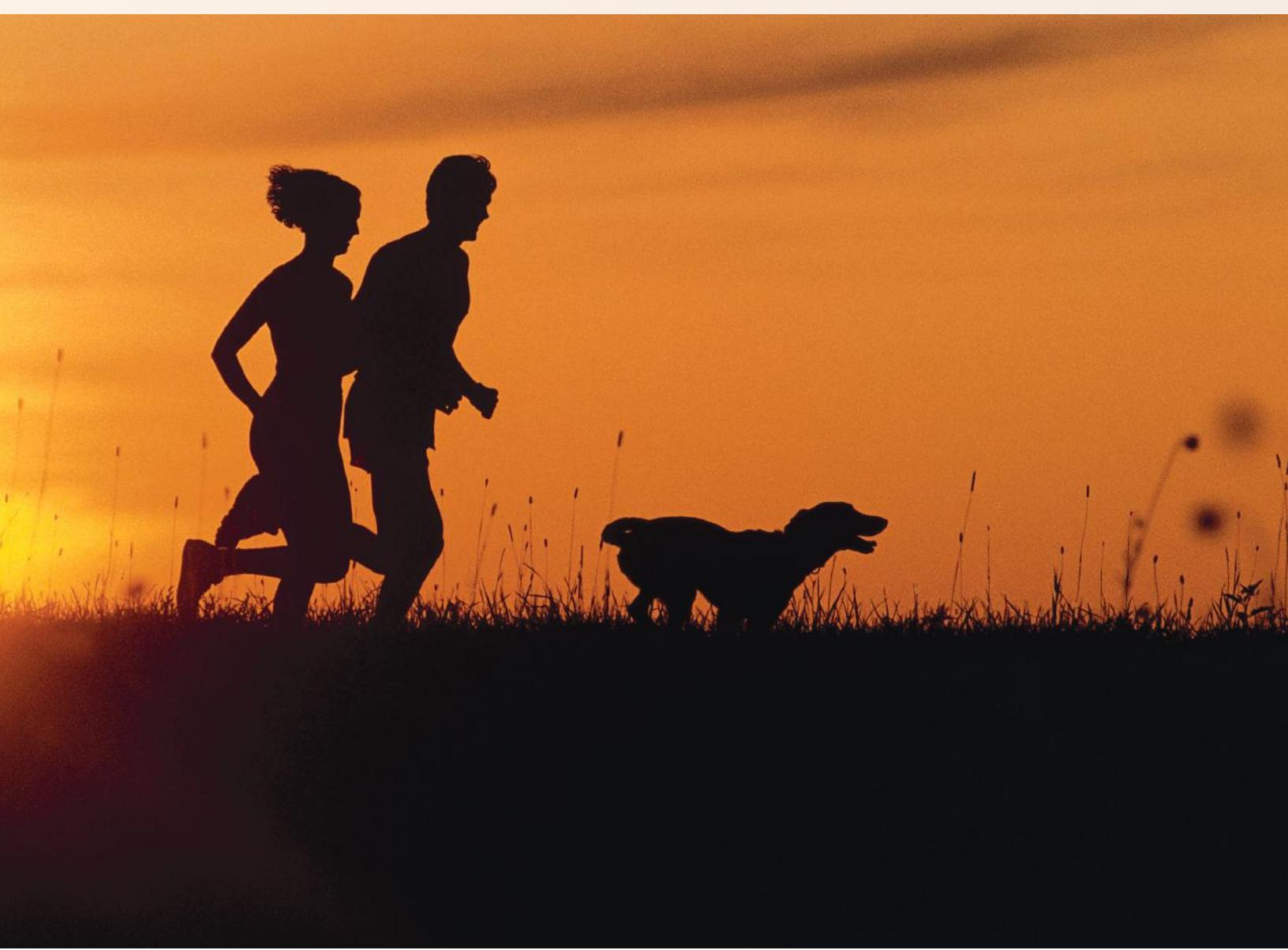
# **Free-Radicals are rogue, high-energy compounds that can damage DNA.**



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**“It's not the years in your life, it's the life in your years”. - Abraham Lincoln**



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# Purple fruits contain a compound that stops pre-fat cells from increasing.\*

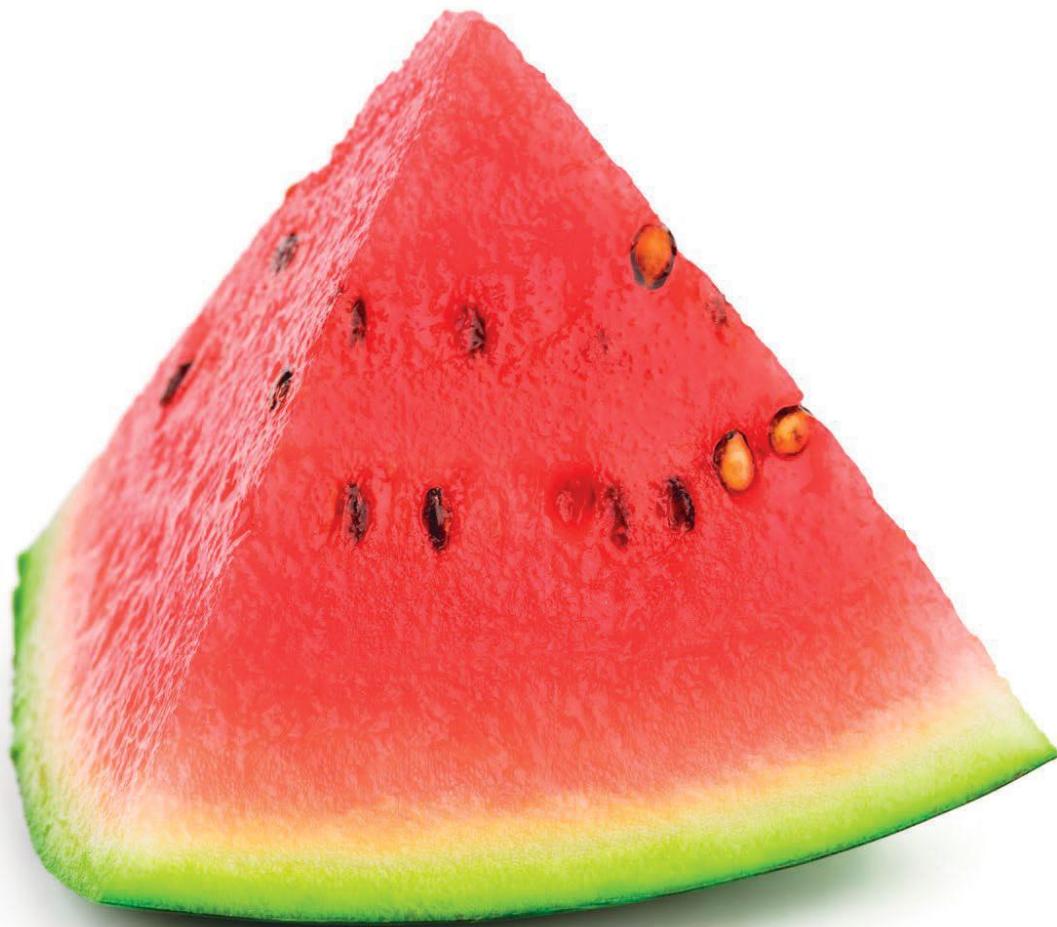


\*[www.whfoods.com/genpage.php?tname=foodspice&dbid=39](http://www.whfoods.com/genpage.php?tname=foodspice&dbid=39)

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# **Red fruits like Tomatoes, Watermelon & Guava contain the Lycopene, which may help prevent Prostate Cancer.\***



\*[www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/dietandnutritionlycopene](http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/dietandnutritionlycopene)

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# Cranberries may help skin from wrinkling.\*



\*[www.stylecraze.com/articles/best-benefits-of-cranberry-juice-for-skin-hair-and-health](http://www.stylecraze.com/articles/best-benefits-of-cranberry-juice-for-skin-hair-and-health)

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# **Help prevent Varicose Veins & Spider Veins - eat Cranberries.\***

\*[www.stylecraze.com/articles/best-benefits-of-cranberry-juice-for-skin-hair-and-health](http://www.stylecraze.com/articles/best-benefits-of-cranberry-juice-for-skin-hair-and-health)

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**Phytonutrients help  
protect plants from  
pests, ultraviolet  
radiation & disease. They  
do the same for us.\***



\*[www.whfoods.com/genpage.php?tname=faq&dbid=4](http://www.whfoods.com/genpage.php?tname=faq&dbid=4)

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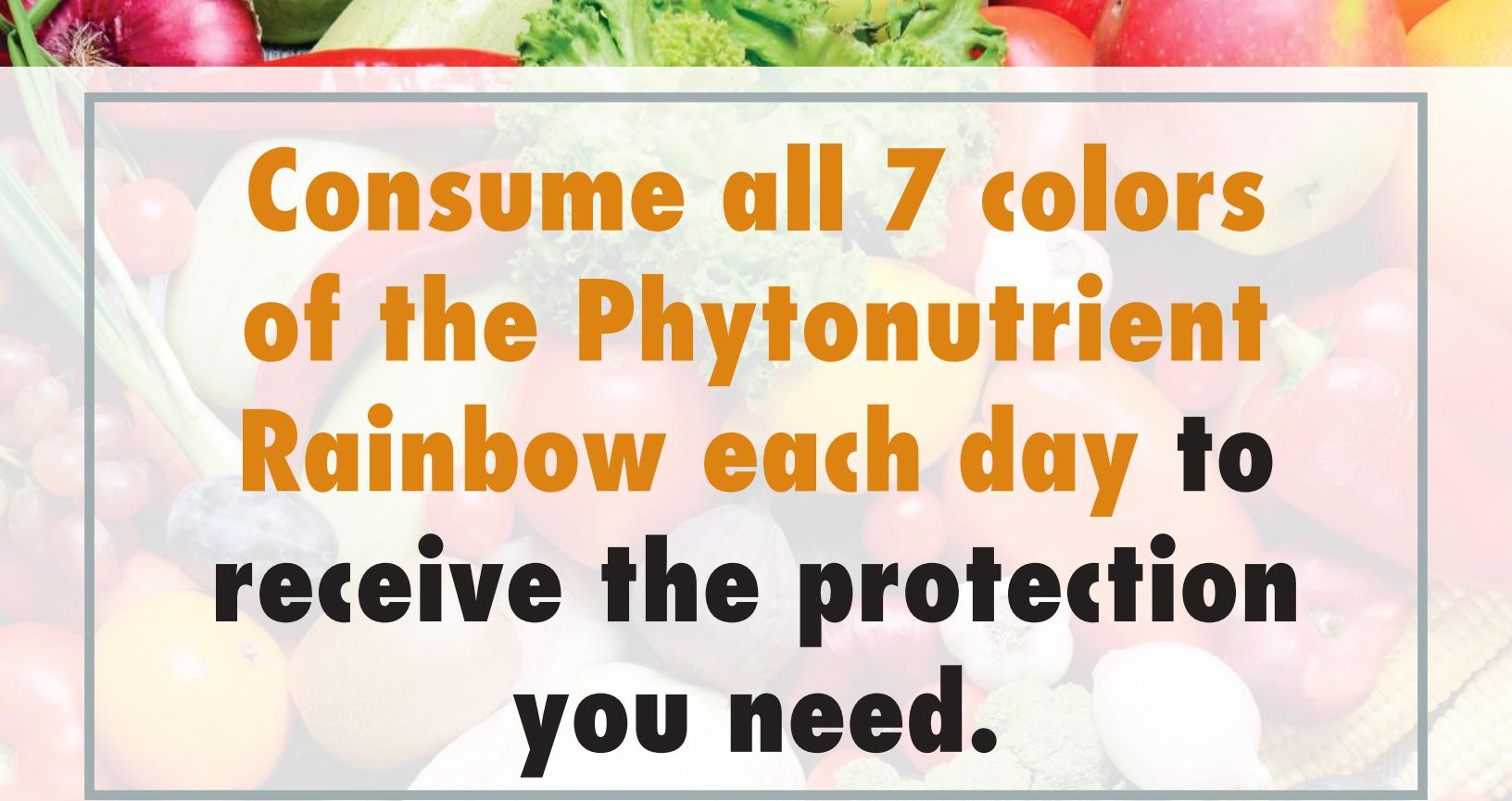
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# **Berries are high in Antioxidants & are great for post-workout Recovery.**



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**Consume all 7 colors  
of the Phytonutrient  
Rainbow each day to  
receive the protection  
you need.**



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# **Red & Purple Fruits contain Anthocyanidin, a powerful Flavonoid with 50x the antioxidant level of Vitamin C.\***



\*<https://guardmyhealth.wordpress.com/category/health-information/>

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# **Red & Purple Fruits are 20x more powerful Antioxidants than Vitamin E.\***



\*[www.lef.org/magazine/2005/7/report\\_grapeseed/Page-01?p=1](http://www.lef.org/magazine/2005/7/report_grapeseed/Page-01?p=1)

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# **Living foods are powerful sources of Phytonutrients. Eat them throughout the day.**



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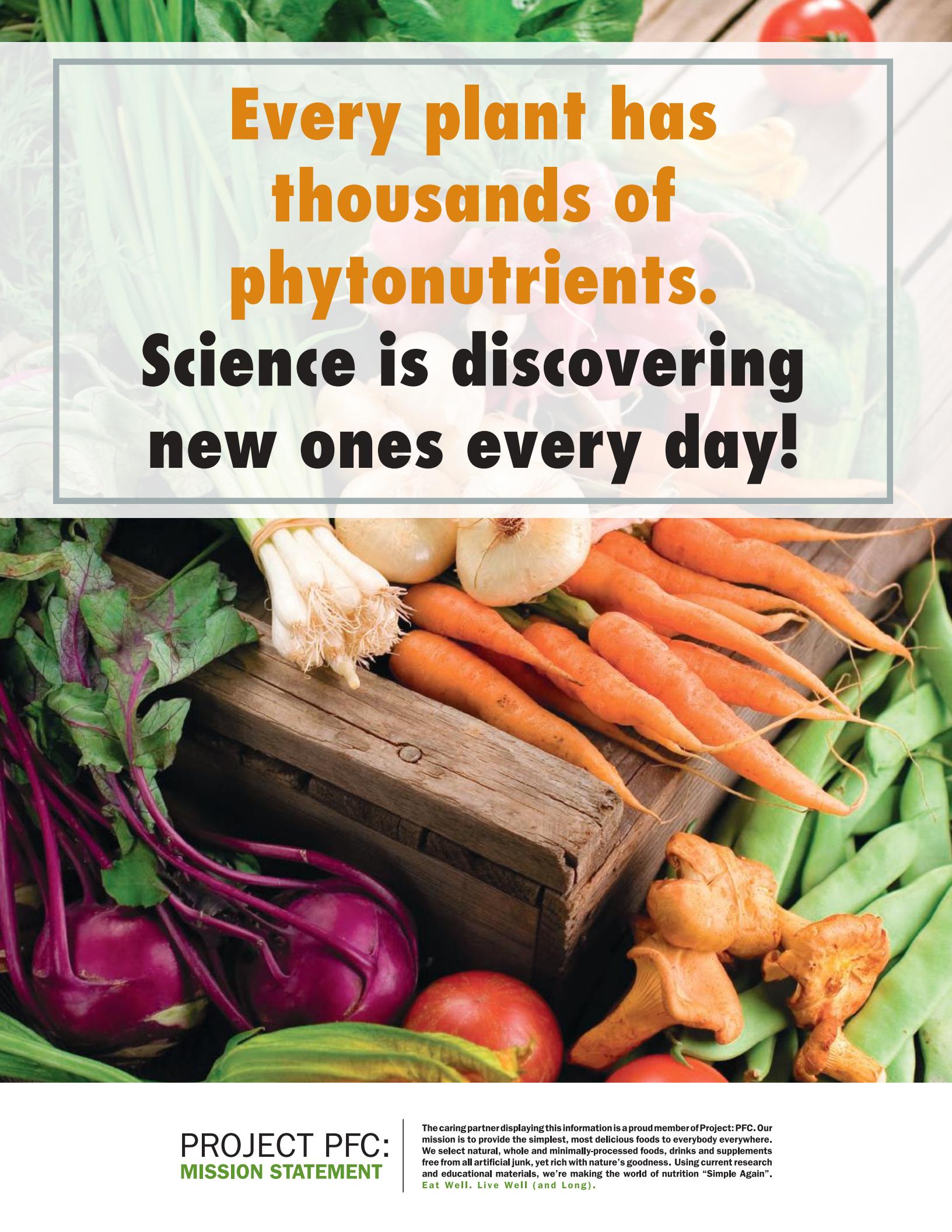
# Science estimates that there are over 50, 000 Phytonutrients in fruits & veggies.\*



\*[www.alive.com/articles/view/17252/phytonutrients](http://www.alive.com/articles/view/17252/phytonutrients)

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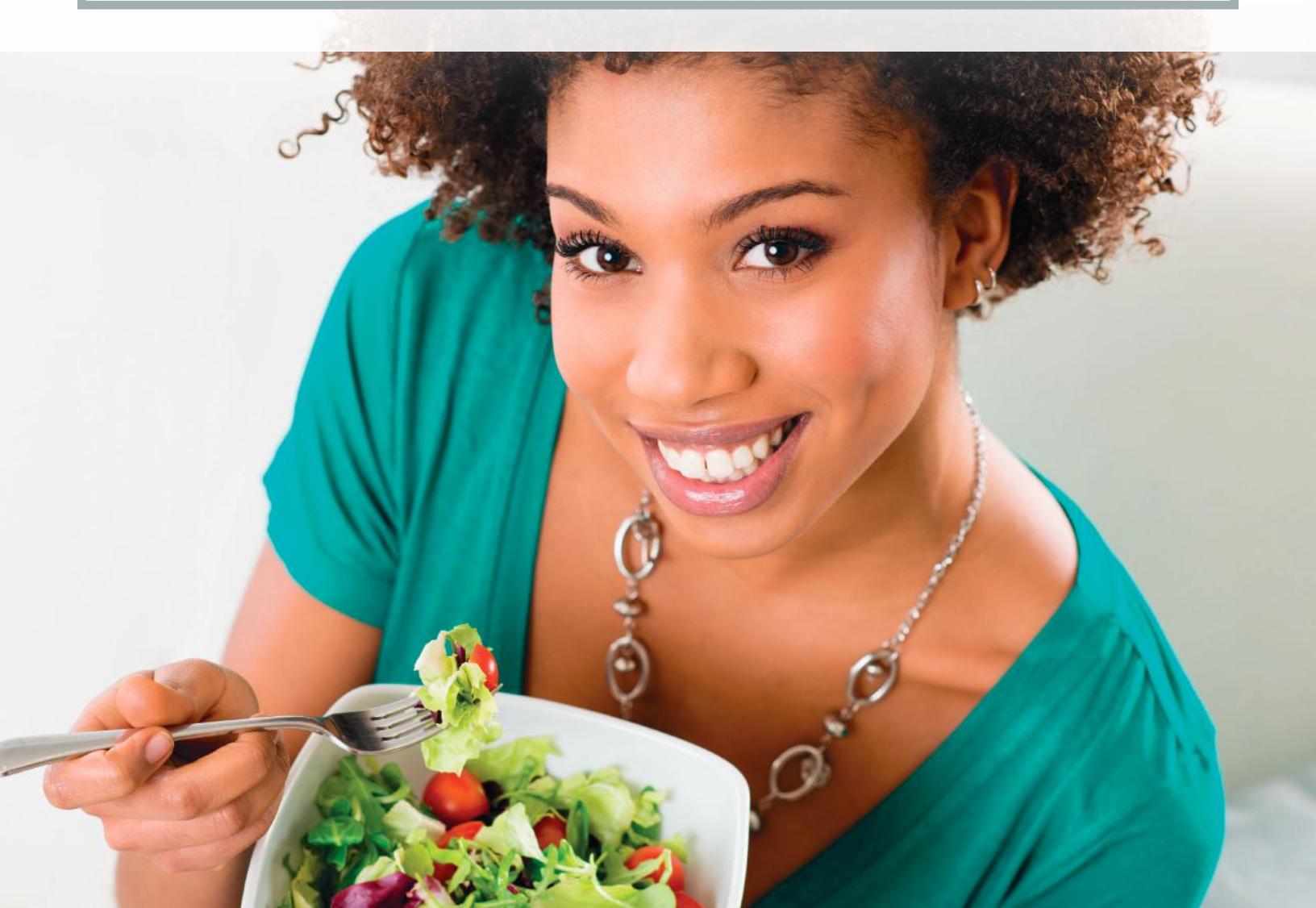


**Every plant has  
thousands of  
phytonutrients.  
Science is discovering  
new ones every day!**

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**Phytonutrients combine  
with each other & other  
components of food to  
keep you healthy.**



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# Prunes have more than 2x the ORAC rating of Blueberries.\*



\*[www.health-herbal.com/html/orac.html](http://www.health-herbal.com/html/orac.html)

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# **Skim Milk is more nutrient-dense than Whole Milk.\***



\*[www.nutrinews.com/blog/5-good-reasons-to-choose-skim-milk-over-whole-milk/](http://www.nutrinews.com/blog/5-good-reasons-to-choose-skim-milk-over-whole-milk/)

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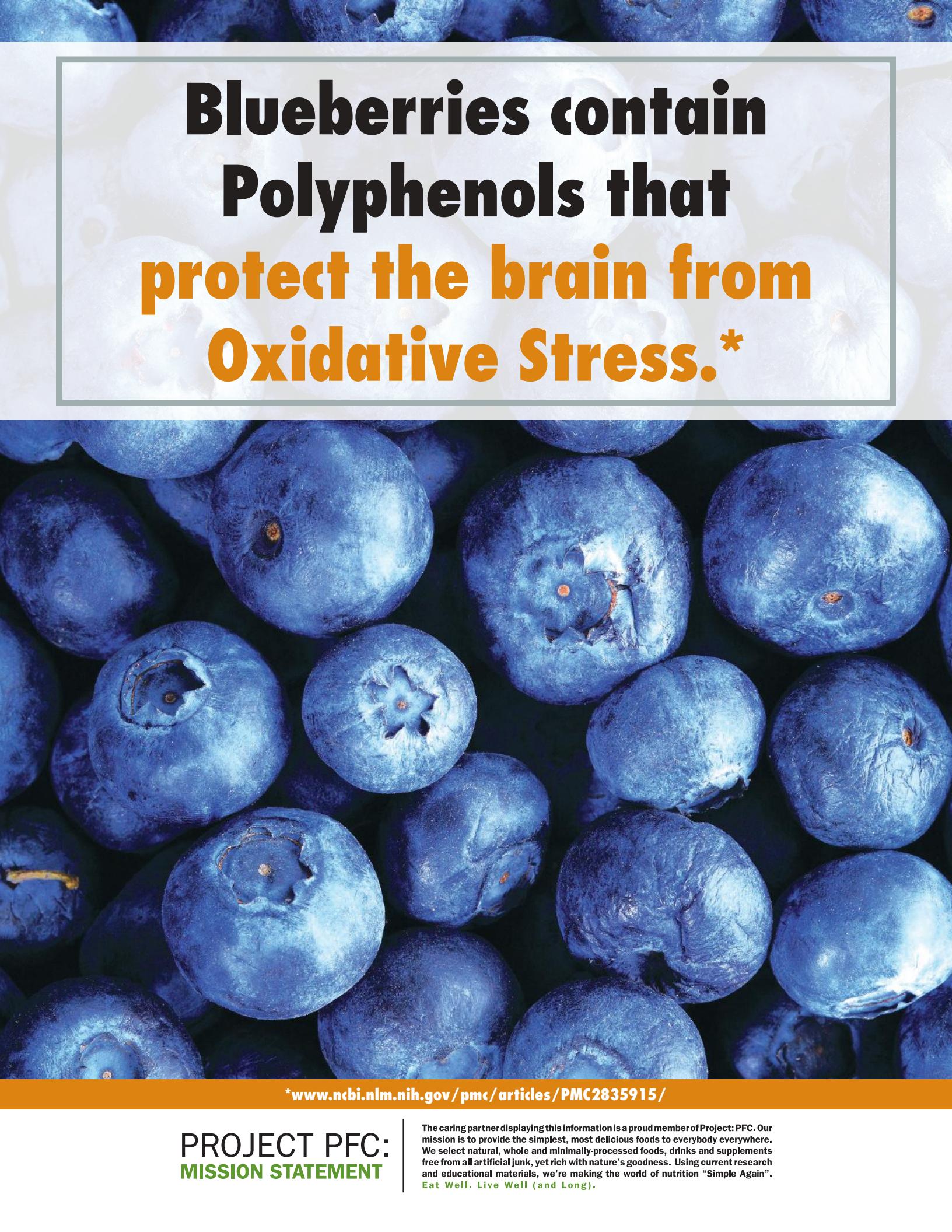
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**A serving size of fruit is  
½ cup...about the size  
of a tennis ball.**



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# **Blueberries contain Polyphenols that protect the brain from Oxidative Stress.\***

\*[www.ncbi.nlm.nih.gov/pmc/articles/PMC2835915/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2835915/)

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# **Blueberries may help prevent Alzheimer's & Parkinson's diseases.\***



\*[www.wellnessresources.com/health/articles/can\\_blueberries\\_protect\\_against\\_alzheimers\\_and\\_parkinsons/](http://www.wellnessresources.com/health/articles/can_blueberries_protect_against_alzheimers_and_parkinsons/)

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**Tomatoes are not only  
rich in Vitamin C, they  
are especially helpful for  
Men's health.\***



\*[www.menshealth.com/mhlists/age-erasing-superfoods/print.php](http://www.menshealth.com/mhlists/age-erasing-superfoods/print.php)

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# An antioxidant-rich post-workout shake will help your body repair & recover faster.\*



\*[www.poliquingroup.com/ArticlesMultimedia/Articles/PrinterFriendly.aspx?ID=1262&lang=EN](http://www.poliquingroup.com/ArticlesMultimedia/Articles/PrinterFriendly.aspx?ID=1262&lang=EN)

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**Coffee & Chocolate  
both contain strong  
antioxidants. Try some  
in your post-workout  
Recovery shake.\***



\*[www.livestrong.com/article/466620-what-are-health-benefits-of-chocolate-covered-espresso-beans/](http://www.livestrong.com/article/466620-what-are-health-benefits-of-chocolate-covered-espresso-beans/)

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