

PHYTONUTRIENTS FOR OPTIMAL HEALTH

“Nature’s compounds to prevent and cure disease”.

Courtesy of



Recently there has been a tidal wave of research reporting on new compounds found in whole foods that significantly help the body prevent and even cure disease. These compounds are called phytonutrients.

They are neither vitamin nor mineral; they’re bacteria. Plants naturally produce phytonutrients, which protect them against viruses, bacteria, fungi, predators, and the sun’s harmful effects.

A plethora of studies from all over the world have irrefutably proven that these compounds provide the same health benefits and protection for the people who consume them.

Here are just a few of the testimonials:

Fruit & Veggie Plus is critical in fighting precancerous cells. I recommend it to all our patients.

Gayle B. - Office Manager | Baker Brothers Chiropractic
Cleveland, OH

I minimize inflammation stemming from muscular degeneration by removing inflammatory foods from my diet and taking Fruit & Veggie Plus. What a convenience, and great taste too.”

J. Brown - Clifton, TN

I noticed the reduction in inflammation throughout my body in just two weeks. I personally use this formula daily.

Hilary G. - Pima, As

NOTE FROM THE OHS TEAM:

We have had an overwhelmingly positive response to our phytonutrient-dense Fruit & Veggie Plus formula. Our clientele LOVE the sweet tropical flavor. Even more, they want to know why they are seeing such a dramatic improvement in their health with this product.

We’ve deemed it important to take a moment to explain the results, along with share a few of the numerous testimonials flooding in.

We have taken the time to condense hundreds of studies into this report. It explains the incredible benefits of phytonutrients and antioxidant-rich fruits and vegetables.

Many scientists and researchers thought for years that it was only vitamins and minerals found in produce that provided health benefits. This led to our contemporary supplement market, which is filled with vitamins synthetically created in laboratories, instead of sticking with the whole food.

This shows no respect for nature’s wisdom. It’s also why some studies record beneficial findings with taking vitamins, and others do not. For over 20 years, there has been a group of us that has taught the importance of taking whole food vitamins and minerals through what we eat, and/or supplementing with products made from whole foods. Respecting nature’s formulations, instead of recreating a poor imitation in the lab, has paid off health-wise before and always will.

One of the greatest benefits of phytonutrients is their broad antioxidant abilities. Most people know about—or at least heard of—antioxidants. A deeper understanding will reveal the wonderful power of how phytonutrients prevent disease, cure it, and actually slow down the aging process.

For example, the phytonutrient antioxidant in berries has been shown to reduce the risk of macular degeneration (vision damage) by 43%. There are many more great examples like this one, but first, let's go over what exactly antioxidants and phytonutrients protect us from.

UNDERSTANDING OXYGEN



For years, researchers have known that the largest cause of wrinkles, ailing joints, arthritis, heart disease, and even cancer stem from the same deterioration process that occurs in non-human objects. The cause is oxidation. Molecules called free radicals are the culprit.

It's ironic that the same air we need to live causes metal to rust, fruits and vegetables to turn brown, and your body's cells to age and weaken. Oxygen provides abundant health and long life when it is paired with antioxidants. When polluted oxygen is drawn into the body, or after it's used for metabolism, chemical changes to oxygen occur. The molecules lose electrons, making them unstable. These unstable molecules are called free radicals. The damage they cause is called oxidation.

The whole process can be pretty violent. When the molecule grows unstable, it has the equivalent of a panic attack and starts stealing electrons from healthy cells, be it blood cells (heart disease/aging), brain cells (dementia/Alzheimer's), skin cells (wrinkles), joints (arthritis/pain), organs (cancer), and even muscle cells (decreased performance/muscle loss/fibromyalgia).

Different types of free radicals are created and, depending on the type, the type of attacked cells become known.

When healthy cells are attacked, more free radicals are created and a cascade effect happens, causing tremendous damage. Have you ever noticed how fast metal rusts if left outside, or how quick fruits brown if left on the counter. Your body can be damaged just as quickly, unless free radical oxidation is stopped.

For example, if you dip a banana or apple in citrus juice, it won't brown. If you constantly dip your cells in fruit and vegetable compounds, called phytonutrients,

I've been working as a Strength & Conditioning Coach for the NBA for over two decades. This powder is legit! It reduces inflammation and neutralizes cell damage from intense exercise and rehab sessions. This is a must for doctors who have patients with any spine and muscle trauma.

-Robin Pound, CSCS,
NBA Strength & Conditioning Coach

you won't deteriorate either.

When people hear of free radicals for the first time, they often think of foreign invaders, like bacteria or viruses, but they're not. Yes, external factors like cigarette smoke, airborne chemicals, and pollution causes oxidative damage through breathing. However, the difference is, unlike bacteria and viruses, your body naturally creates free radicals just through metabolism. In other words, your body creates free radicals as it produces energy.

At least 1% of all oxygen intake becomes a free radical. Nothing alarming. Even certain white blood cells will use free radicals to destroy foreign invaders. Again, nothing bad.

Since free radicals naturally occur in your body, so do the antioxidants. Your body's ability to make antioxidants comes from the same exact source that make fruits, vegetables, and herbs colorful: **phytonutrients**.

THE PROBLEM WITH EXCESS FREE RADICALS

There are many reasons why disease and premature aging are so prevalent. Environmental factors such as car exhaust, UV light, pollution, and airborne chemicals are some. Internal stress caused by hectic lifestyles are others. Free radicals multiply so rapidly that they begin to greatly outnumber antioxidants and trigger the oxidative process that deteriorates our bodies inside and out.

Your body wasn't meant to combat such an onslaught. However, it can tip the scales back to balanced if external sources of antioxidant phytonutrients are added from raw fruits and vegetables.

The latest research shows we need to consume 9 or more servings of fruits and vegetables per day to combat free radicals. The challenge is that the average American consumes only an average of 1-2 servings per day.

Even if we don't overwhelm our bodies with external free radical oxidation, that doesn't change the need for all those servings. Americans aren't getting enough phytonutrient-rich antioxidants to neutralize the damage caused naturally from metabolism.

THE ANTIOXIDANTS FOUND IN FRUITS & VEGETABLES

Antioxidants are the worker components that make up the majority of a phytonutrient compound in fruits and vegetables. They are molecules that have an abundance of electrons.

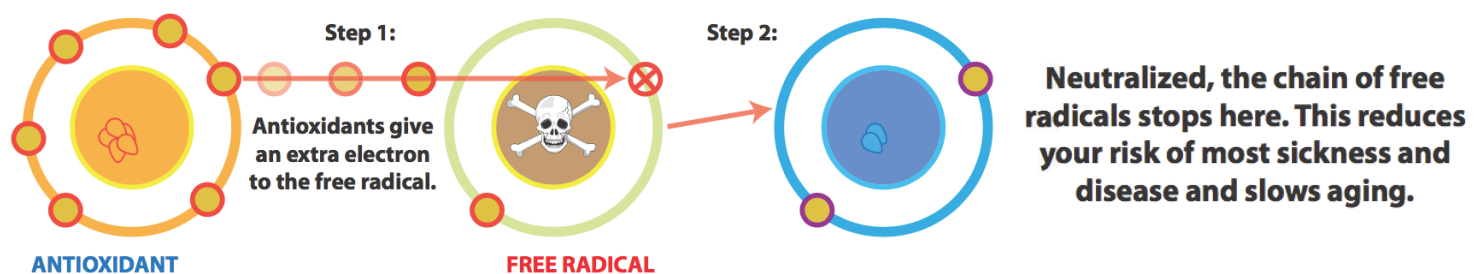
When the antioxidant molecule enters your bloodstream, it travels around and bumps into free radicals. Instead of getting damaged (oxidized), like what happens to other molecules, the antioxidant offers up a spare electron, which balances out and neutralizes the free radical. This stops the cascade of oxidation (see diagram below). The amazing natural structure of antioxidant phytonutrients is nature's answer and protector.

As research made advancements in the 1980's and 90's, scientists discovered that select vitamins acted as antioxidants. So why did things go quiet? Unfortunately, pharmaceutical and chemical companies started creating these vitamins in labs, but they didn't do it right. They didn't stay true to nature. Instead, they made incomplete, poor imitations.

This explains why some studies show benefits and others do not. Ironically, countless studies confirm the need to get nutrients from whole foods or whole food supplements, yet many people still fall victim to the lab-created vitamin trap and risk their health.

The latest research has unearthed that many more antioxidants exist besides the ones found in vitamins. These antioxidants are called phytonutrients, and they exist in whole foods.

The government did the right thing when it started promoting the concept of getting your nutrients, especially antioxidants, from whole fruits and vegetables. To take on this educational task, the USDA was formed. A special test, called ORAC, was created that showed the power of whole fruits and vegetables as powerful antioxidants. ORAC stands for Oxygen Radical Absorbance Capacity. A bit of a mouthful but it accurately describes and explains what the test does: measures a food's ability to absorb and neutralize free radicals.



ORAC specifically measures an antioxidant's ability to neutralize a free radical. The greater the ability, the higher the number it is given. For example, half a cup of blueberries has 1740 ORAC units, and eggplant only has 320.

From 1999 to 2012 the USDA taught the importance of getting 4-5,000 ORAC units per day. Research shows that the average person gets only 1,200 from their diet. The problem is that people on average consume only 1-1.5 servings of fruits and vegetables per day. The math isn't good. We're at such a huge deficit that free radical oxidation is spinning out of control.

In May 2012, the USDA retracted their support for ORAC levels. The problem was that not all diseases showed biological improvement consistently with just high ORAC foods. The findings were correct but the USDA's actions have created an uphill battle with getting the truth about oxidants made known to the public.

The truth is more than one type of free radical exists. Different free radicals cause different diseases. The ORAC rating tested only for what's called the peroxy radical, which

damages blood cells and their lining. This damage leads to atherosclerosis and heart disease. Further research outside the USDA's circle has unearthed four more types of free radicals. Not only that, they require different antioxidants to neutralize them. Various fruits, vegetables, and herbs contain those much needed antioxidant compounds that neutralize those other four free radicals.

This uphill battle has been leveled out with testing and measures for the other free radicals, just like ORAC. Researchers have identified the free radicals, the associating damage they cause, and the exact antioxidant phytonutrients that neutralize them. Thousands of powerful food compounds exist in phytonutrients

within fruits, vegetables, and herbs. They have a plethora of health benefits.

There are FIVE major free radicals. We'd like to take a moment to explain their nuances and what damage they cause. We believe this is the best way to explain why it's important to eat a variety of fruits and vegetables daily.

I love how it tastes, and how easy it makes getting all fruits and vegetables I need on a daily basis.
-A. Guajardo | CT



THIS IS A CHART LISTING THE FIVE MAIN FREE RADICALS AND THE MAJOR CONDITIONS RESEARCH SHOWS THEY CAUSE.

FREE RADICAL

OXIDATIVE DAMAGE IT CAUSES

PeroxyI Lipid peroxidation, cardiovascular disease, atherosclerosis, heart disease, etc.

Hydroxyl DNA damage, cancer, autoimmune disease

Singlet Oxygen Eye tissue, nerves and blood flow damage, macular degeneration, eye diseases

PeroxyI-Nitrite Neurodegenerative diseases, like Parkinson's and Alzheimer's

Superoxide Anion Energy, metabolism and muscle loss, mitochondrial diseases

THE FIVE MAIN FREE RADICALS AND THE SPECIALIZED TESTING THAT ENSURES THEY ARE NEUTRALIZED

1 PEROXYL RADICAL

These damage cell linings and increase inflammation and damage to arteries. This is why they greatly influence cardiovascular diseases, such as atherosclerosis and heart disease.

The antioxidant test that measures a food's antioxidant ability to neutralize peroxy radicals: **ORAC**.

The best antioxidant foods to combat peroxy radicals:

Cruciferous vegetables like broccoli sprouts, broccoli, carrots, spinach and kale.



2 SUPEROXIDE ANION RADICALS

This one should be of specific concern for active people or anyone worried about muscle and energy. Superoxide anions target mitochondria, the body's energy factories. They convert digested food and oxygen into energy.

Mitochondria are present in every cell except red blood cells. When they're damaged by free radicals, you feel the effects through low energy and an inability to exercise for as long as you used to. In addition, muscle loses its ability to recover as fast and this develops into mitochondrial diseases.

The antioxidant test that measures a food's antioxidant ability to neutralize superoxide anion radicals: **SORAC**.

The best antioxidant foods to combat superoxide anion radicals:

Green tea, certain types of apples, elderberry and other berries.

3 HYDROXYL RADICALS

These are implicated in most cancers and autoimmune diseases. They target DNA and create oxidative damage that renders the body susceptible to debilitating diseases.

The antioxidant test that measures a food's antioxidant ability to neutralize hydroxyl radicals: **HORAC**.

The best antioxidant foods to combat hydroxyl radicals:

Turmeric extract, garlic concentrate, basil, oregano and cinnamon. Other herbs are also beneficial.





4

SINGLET OXYGEN RADICALS

They target tissues, nerves and blood flow to the eyes. They have been implicated in eye diseases, such as macular degeneration.

The antioxidant test that measures a food's antioxidant ability to neutralize

singlet oxygen radicals: **SORAC**.

The best antioxidant foods to combat singlet oxygen radicals:

A unique form of antioxidants called anthocyanins neutralize this free radical the best. Said antioxidants are found in a wide variety of berry concentrates and extracts, which include bilberry, raspberry, black currant, blueberry, sweet cherry, açai and more.

5

PEROXYL-NITRITE RADICAL

These target nerves and are implicated in many neurodegenerative diseases, like Alzheimer's and Parkinson's disease.

The antioxidant test that measures a food's antioxidant ability to neutralize peroxy-nitrite radicals: **NORAC**.

The best antioxidant foods to combat peroxy-nitrite radicals:

Acerola, camu camu, mangosteen, quecertin and açai.

Blending all the free radical-specific antioxidant foods together creates a synergy that boosts the antioxidant capacity to combat each free radical. Taking each one alone, while good, is not as effective.

PHYTO POWER

Nature solved the problem of fighting all five free radicals by creating nutritional antioxidant powerhouse compounds in foods, called phytonutrients.

These compounds do more than neutralize free radicals; they also act in other ways to prevent illness and reach optimal health. For example, we know apples are healthy. It contains pectin fiber, which is great for digestion, along with a great source of vitamins. Now, after all this phytonutrient research, apples have been proven to help reduce the risk of heart disease in women up to 22%. This was proven in studies from Finland and the U.S. That old adage about "an apple a day..." just took on a whole new meaning.

Another example is grapes. Their antioxidant benefits, even in red wine, has always been something scientists and researchers have agreed on. The newest discovery is the phytonutrient called resveratrol, which has been proven to lower bad cholesterol and help prevent diabetes.

Phytonutrients connect what you eat to your quality of life, setting a higher bar for disease control and anti-aging. The findings have changed the nutrition world much like the Internet has changed the social world.

Nature knew our mere mortal bodies would be bombarded by free radicals. They're unavoidable. Many scientists believe research proves the power of

phytonutrients in plants, tapping into their antioxidant potency, can quite literally save your life. Phytonutrients also help eliminate toxic waste by neutralizing and eliminated harmful chemicals before we get sick--or worse, come down with disease.

A great example are the phytonutrients sulforaphane and indole. They flush out disease-causing toxins (even cancer) before they can do harm. They are both found in broccoli and sprouts.

Now, before you frustrate yourself with a hefty bill of chemically-made supplements that produce

disappointing results, you need to understand the difference between synthetic and whole food supplements.

The only way to guarantee you get all this protection and the health benefits, you have to get antioxidant phytonutrients from whole foods. Pesticide- and chemical-free produce and non-GMO whole grains are what we're talking about. Consuming a variety of 4-6 servings of phytonutrient-rich foods per day, up to 10, is needed to fight the constantly rising pollution and chemical-plagued environment and daily stressors that cause free radical oxidation.

PHYTONUTRIENT RESEARCH

To help you commit to taking in more phytonutrient-rich plant foods, we've identified certain phytonutrients, the foods they come from, and the research backing their health benefits.

CARTENOIDS

This phytonutrient family includes beta-carotene, lycopene, lutein and zeaxanthin.

Found In

Tomatoes, carrots, cranberry, spinach kale, and other dark green leafy vegetables.

Research

An Italian study showed seven or more servings of tomatoes a week lowered the risk of colon, rectal and stomach cancer by 60%.

Harvard researchers looked at the phytonutrients lutein and zeaxanthin from spinach and other dark leafy vegetables. They found a 43% lower risk of macular degeneration with people who consumed the most. It was also found that these phytonutrients protect your retina from absorbing the harmful blue wavelength from sunlight exposure. Cartenoids have also been shown to protect against heart disease.

These two phytonutrients are in eye supplements but be careful

if they are not in whole food form. Nature intended the whole food be consumed to get the benefits.



FLAVONOIDS

Includes resveratrol.

Found In

Apples, cranberries, berries, grapes, broccoli, onion, green tea, and pomegranates.

Research

Grapes and berries have been shown to use their flavonoids to make blood vessel linings more supple, which helps lower blood pressure and plaque buildup.

A Harvard study found that resveratrol can also lower blood sugar and boost liver function. It has even increased longevity over

30% in mice. Resveratrol has also been found to starve cancer cells by blocking a nuclear protein they need to reproduce. A University of California study found that 8 oz. of pomegranate juice per day increased prostate antigen stability in prostate cancer survivors four times. Research linked the benefits to the combination of flavonoids and antioxidants.

A Dutch study of over 800 men found that the ones who consumed the least amount of flavonoids had a 32% higher chance of dying from heart attacks than those who had the highest flavonoid intake.



ISOTHIOCYANATES

Includes sulforaphane and phenethylisocyanate.

Found In

Broccoli sprouts, Brussels sprouts and watercress.

Research

One John Hopkins study found the group with the highest sulforaphane content had a 40% less chance of developing breast tumors. These phytonutrients neutralize the damaging effects of smoking, as the University of Minnesota Cancer Center found.

MONOTERPENES

Includes limonene and perillyl.

Found In

Citrus fruits and cherries.

Research

Limonene has been shown to reduce tumor production by 55%. It is believed that is why citrus eaters have a reduced risk of cancer. A preliminary study at Indiana University School of Medicine found that perillyl in cherries prevent breast, lung, stomach, liver and skin cancer.

ORGANOSULFUR

Includes allylic sulfides, allium, ajoene and allicin.

Found In

Onions and garlic.

Research

Allylic sulfides stimulate toxin-eliminating enzymes. They are effective against gastrointestinal cancers. Onion phytonutrients were studied in the Netherlands with over 120,000 men and women. The more onions consumed, the lower the risk

of stomach cancer.

Garlic alliums helped consumers reduce tumor creation by 76%. The ajoene phytonutrient even showed tumor shrinking properties. Allylic sulfides have shown to balance cholesterol and triglycerides while reducing clots and artery hardening. Garlic's allicin compound has been proven to lower cholesterol and relax blood vessels and reduce stomach inflammation while also killing microbes responsible for colds, flues, viruses and yeast infections.

PHENOLIC

Includes ellagic acid and curcumin.

Found In

Most fruits and vegetables, green tea and turmeric.

Research

Curcumin is showing promise in research studying its ability to help prevent and treat Alzheimer's. A Finnish study found that ellagic acid in strawberries and cherries has been found to destroy hydrocarbons that potentially cause cancer in smokers. Strawberry and blueberry extract have been found to improve cognitive function. Curcumin has been shown to slow AIDS. It also protects eyes from cataracts by up to 52%, and reduce pain and inflammation caused by arthritis.

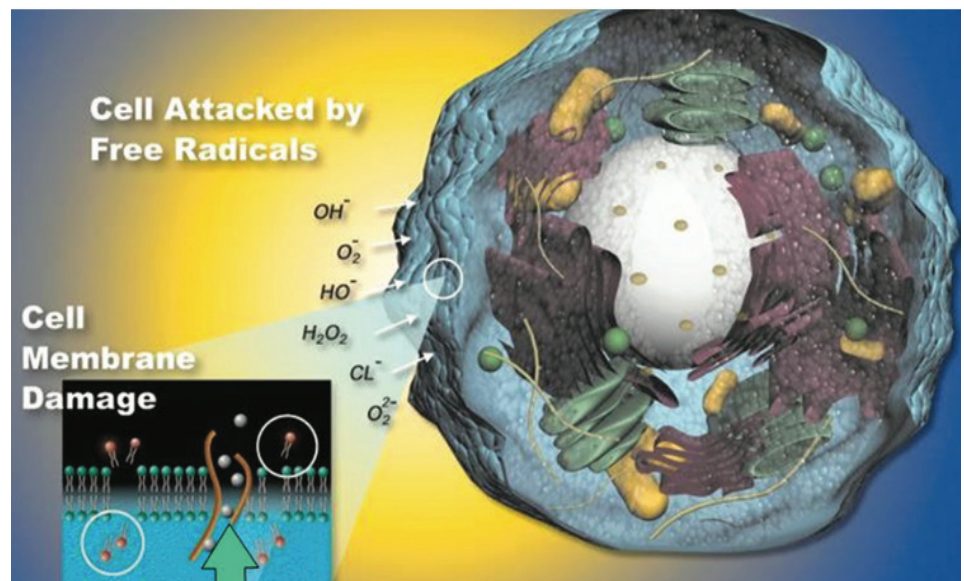
SAPONINS

Found In

Vegetables (especially spinach and tomatoes) and herbs.

Research

Saponin-rich diets have a consistently lower rate of breast, prostate and colon cancer, according to the University of Toronto. They also stimulate the immune system and lower cholesterol levels found in cancer membranes.



WHOLE FOOD PHYTONUTRIENTS

The aforementioned phytonutrients are just a few of the thousands in plants. We promise you will continue to hear more over the years.

Marketing will encourage you to take individual phytonutrients for each ailment but that's not the way nature works. Phytonutrients are found in whole foods for a reason. You need the **WHOLE** food compound to guarantee effectiveness.

One famous study from Finland on 29,133 male smokers involved taking high doses of beta-carotene and alpha-tocopherol. Participants increased their risk of lung cancer 18%. In contrast, studies show whole food

antioxidant phytonutrients actually lower cancer and disease rates.

One study in Japan showed a 36% reduction in lung cancer risk when raw vegetables were consumed on a daily basis. That number shot up to 55% when adding one extra serving, still raw.

Yale even did a study that showed 60% reduction in cancer from secondhand smoke if 1.5 additional servings of raw fruits and vegetables were consumed daily.



INFLAMMATORY CONDITIONS

Phytonutrients ingested through an array of antioxidants can help nutritionally support the aforementioned conditions, but one big condition is worth being addressed: inflammation.

Systemic inflammation (meaning it occurs from head to toe) causes or leads to serious pain, joint damage,

accelerated aging, and organ failure. Arterial linings become inflamed because of free radicals causing **today's #1 killer: heart disease.**

Even before serious damage occurs, inflammation causes fatigue, swelling, and poor performance both physically and mentally. One of the most immediate and dramatic

benefits of consuming a variety of organic produce each day is the noticeable inflammation reduction in just a few weeks. Swelling goes down, energy goes up, you think clearer, and physical performance improves. The greatest benefit is that you can add quality years to your life. Most people notice these changes and feel them quickly.

THE ANSWER TO DISEASE AND DEGENERATION

By now, you've probably come to the conclusion that eating a wide variety of more pesticide- and chemical-free raw fruits and vegetables is the answer. And you are right. Although juicing can be very beneficial, you want to mainly use a blender that liquefies the whole plant. A lot of phytonutrient antioxidants are found in the parts most juicers eliminate.

We at OHS understand that not

everyone has consistent access to a good variety of organic produce. Also, many don't have the time to constantly find the variety needed.

We have spent years researching, resourcing, blending and testing a whole food powder with 35 RAW fruits, vegetables, and herbs from 15 countries. Our powder has an extremely high rating of 20,000 antioxidant units per serving, neutralizing not just one, but all five

free radicals.

Brunswick Laboratories (famous in the nutrition world) tested our powder formula blend and proved that all five free radicals were neutralized.

Our formula is extremely phytonutrient-rich. We've listed only the top phytonutrients, although it contains thousands, and that powder formula is called **Optimal Fruit & Veggie Plus™**.

It is independently tested for its antioxidant potency in every batch. We guarantee that all five free radicals are neutralized and each 15-gram serving contains 20,000 antioxidant units.

Still, we encourage you to make lifestyle changes that promote eating more raw phytonutrient-rich produce in your daily lives. If you already do, we salute you. By doing this, you would only need Optimal Fruit & Veggie Plus™ to fill in the gaps, or in special instances. Many healthy eaters still add half to a full serving to their daily routine.

If you don't have easy access to organic produce, or you're just plain not keen on eating raw fruits and vegetables, adding 1-2 servings per day of our formula will boost your system and put you one step closer to optimal health.

Testimonials



Knowing I am supplying my body with the highest antioxidant boost to fight off any damage caused by the environment I live and work in brings great peace of mind.
-Camille H. - Less Summit, MO

Fruit & Veggie Plus is a must-have for every house-hold, especially for people on the go. It can be taken anytime anywhere. It provides all the essential nutrients, plus factors that protect the body from disease. It keeps me looking young, healthy, and helps me recover from hard training.
-Nigel H. - Licensed Massage Therapist,
Owner of Massage for Health & Fitness-New York, NY

I have been personally taking and recommending the products from OHS for years. What I really like about their products is that they're whole food and address many issues my patients face. I specialize in detoxification, weight loss and preventative anti-aging. The benefits and before-and-after testing we do in our office shows how wonderfully the products work.
-R. Donahue, PhD. - Ageless Health
Author of *The Pollution Inside You*

Fruit & Veggie Plus is awesome. I feel the difference and so do my clients. A condensed mixture of what we need daily... so convenient. THANKS so much for the complete fruit and vegetable powder! I mix it with my protein. I am a maniac in the gym!
-Linda W. - North Richland Hills, TX



THE MOST POTENT ANTIOXIDANT AND PHYTONUTRIENT-RICH POWDER EVER

Because of all the work we've put into this formula we are able to make the following statement:

The phytonutrient antioxidant blend in Optimal Fruit & Veggie Plus™ has been tested and the government backs us on NINE structure function claims in regards to what type of health benefits you can receive. Structure function means we can refer to the formula itself, instead of choice ingredients.

PROMOTES

Cardiovascular Health



Healthy Vision



Healthy Glucose Metabolism



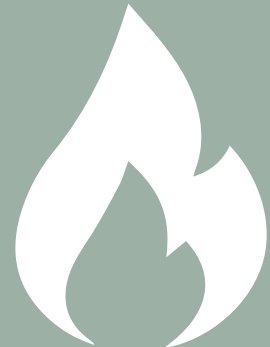
Healthy Brain Function



Healthy Aging



Healthy Inflammatory Response



SUPPORTS

Urinary Tract Health



Healthy Skin



Healthy Immune Response



OPTIMAL FRUIT & VEGGIE PLUS

Phytonutrients are antioxidant foods that neutralize all five free radicals, and are nature's health compounds. These nutrients are found only in whole foods and should be taken in that form. Taking them in will ensure you have everything nature intended to achieve optimal health.

Even with all the latest discoveries, there will most certainly be more to come.

Optimal Fruit & Veggie Plus™ is available **ONLY** through your health professional.

PHYTONUTRIENT ANTIOXIDANT RICH POWDER!

Supplement Facts		Servings Per Container: 30
Serving Size: 1 Scoop (15 g)		
Amount Per Serving	% Daily Value*	
Calories	60	
Calories from Fat	6	
Total Fat	<1 g	1%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	2 mg	<1%
Total Carbohydrate	12 g	5%
Dietary Fiber	3 g	9%
Sugars	5 g	5%
Protein	<1 g	
Vitamin A		14%
Vitamin C		50%
Calcium		<1%
Iron		3%

*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS:

RAW FREEZE DRIED:

Banana, Pineapple, Strawberry, Noni, C. Berry, Broccoli Sprouts, Acerola Cherry, Camu Camu, Tomato, Broccoli, Carrot, Acai, Mangosteen, Spinach, Kale, Brussels Sprouts, Elderberry, Sweet Cherry, Blackberry, Chokeberry and Raspberry.

ORGANIC JUICES:

Organic Raspberry, Organic Cranberry, Organic Strawberry, Organic Blackberry, Organic Carrot, Organic Blueberry, Organic Pomegranate, Organic Acai, Organic Cherry and Organic Watermelon.

HERBS and EXTRACTS:

Green Tea, Onion, Red Apple, Quercetin, Organic Turmeric, Garlic, Basil, Oregano, Cinnamon, Black Currant, Blueberry.

FLAVORINGS:

Natural Banana, Pineapple, Stevia Plant, Xylitol (natural polyol) and Fruit Citric Acid.

Sub Ingredients: less than 1% for flow and stabilization of organic and natural maltodextrin and natural silica.

*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.

