



# #1 THING YOU CAN DO TO

*Slow Down Aging, Stop Inflammation and Lower Risk of Disease.*



... INCREASE ANTIOXIDANTS BY

“ EATING MORE FRUITS & VEGETABLES ”

-National Institutes of Health-

## ASK US HOW

- ▶ Do you eat less than 10-servings of fruits and veggies daily?
- ▶ Do you feel like you are aging prematurely?
- ▶ Does it take longer to heal from a bruise or injury?
- ▶ Is your eyesight diminishing?
- ▶ Do you have brain-fog?
- ▶ Do you get sick often?



If you answered **YES** to any of these you would benefit from supplementing with Optimal Fruit & Veggie Plus.