

Phytonutrients for Optimal Health

"Nature's compounds to prevent and cure disease."

[Special Health Report on Fruit and Veggie Plus and its Benefits]

Recently there has been a tidal wave of research reporting on new compounds found in whole foods that profoundly help the body prevent and even cure disease. These compounds are called **phytonutrients**. They are neither vitamins nor minerals. Phytonutrients are substances that plants produce naturally to protect themselves against viruses, bacteria, fungi, predators and the sun's harmful effects. The exciting news is that a plethora of new studies from all over the world are proving that these compounds are providing the same health benefits to the people who consume them—just as they do for the plants they protect.

Note from the OHS Team:

We have had a huge response to our phytonutrient-dense Fruit and Veggie Plus formula. Our customers LOVE the new sweet tropical flavor, but even above that, they want to know why they are having so much success with this product.

We decided it was important to address this success, explain why it is so dramatic, and share a few of the numerous testimonials with other consumers.

We have condensed hundreds of studies into this Special Health Report on the benefits of phytonutrient/antioxidant rich fruits and vegetables.

Below are some of the exciting health benefits that have been reported:

"Fruit and 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 macular degeneration by removing inflammatory foods from my diet and taking Fruit and Veggie Plus."

What convenience and a great taste too."
J. Brown ~ Clifton, TN

"I noticed the reduction of inflammation throughout my body in just 2 weeks. I personally use this formula daily."

Hilary G.
President, Optimal Health Systems ~ Pima, AZ

Many people thought for years that it was only the vitamins and minerals found in fruits and vegetables that provided health benefits. This belief created a supplement market today filled with vitamins created synthetically in laboratories, instead of keeping them with the whole food. This approach shows no respect for nature's wisdom, and is also why some studies show benefits of taking vitamins and others do not. For over 20 years there has been a group of us that has taught

the importance of taking in vitamins and minerals by consuming whole foods, and/or selecting vitamin supplements made from whole foods. Respecting nature's formulations instead of pharmaceutically created vitamins has paid off before and will again in the future.

One of the greatest benefits of phytonutrients is their wide spectrum antioxidant abilities. Most people have known about—or at least heard of—antioxidants. A deeper understanding of antioxidants will unlock the miraculous secrets 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 (eyesight damage) by 43%. There is much more exciting research like this study, but first let's learn the unspoken truths about free radical oxidation and antioxidants.

For some time now, researchers have known that the largest cause of wrinkles, ailing joints, arthritis, heart disease and even cancer is the exact same process that causes non-humans to deteriorate. The process is called oxidation—and molecules named free radicals are the culprit.

Understanding Oxygen

It's ironic that the same air that is necessary for life to exist also causes metal to rust, fruits and vegetables to turn brown, and your body's cells to age and weaken. Oxygen provides abundant health and a long life if it is surrounded by protectors called antioxidants. When oxygen either comes into the body in a polluted form (smog, pollution, chemicals in air, etc.) or after the body uses it in the cells (metabolism), chemical changes to oxygen occur. Oxygen molecules lose electrons, making them unstable. These unstable molecules are called free radicals and the damage they create is called oxidation.

The exact mechanism in the body works like this: when an oxygen molecule loses electrons, it literally freaks out and starts to steal electrons from healthy cells within your body. These cells can be blood cells (heart disease/aging), brain cells (dementia/Alzheimer's), skin cells (wrinkles), joints (arthritis/pain), organ cells (cancer) and even

muscle cells (decreased performance / catabolism/fibromyalgia). Different types of free radical oxygens are created, and, depending on the type of free radical, the type of cells attacked becomes known.

When these healthy cells are attacked by free radicals, 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 also be damaged quickly unless the free radical oxidation process is stopped. If you dip a banana in citrus juice it won't brown. If you constantly dip your cells in fruit and vegetable compounds called phytonutrients you won't deteriorate either.

Most people think of free radicals as foreign invaders like bacteria and viruses, but they are not. It is true that cigarette smoke, chemicals in the air and pollution cause oxygen to be damaged before it comes and invades your body through breathing. The difference, though, is that unlike bacteria and viruses, your body creates free radicals naturally just through the process of metabolism. Basically the body produces free radicals as it creates energy.

At least 1% of all oxygen intake becomes a free radical. Even specific white blood cells in our bodies will use free radicals to destroy foreign invaders. You might be thinking this is bad news, but it isn't. Because free radicals are naturally occurring in the body, your body also naturally manufactures antioxidants to block the negative effects of free radical oxidation. Your body's ability to manufacture these antioxidants comes from the same things that make fruits, vegetables and herbs colorful: **phytonutrients!**



The problem of excess free radicals

There are obvious reasons why disease and aging are so prevalent. Environmental factors of car exhaust, ultra violet lights, pollution and air born chemicals, along with internal stress caused by hectic lifestyles, overwhelm our bodies. Excess free radicals are created and start the oxidizing cascade of deterioration. The body wasn't meant to have such an onslaught to deal with, but it can overcome the excess free radicals if it has extra amounts of antioxidant phytonutrients from fruits and vegetables.

New research shows that in order to have enough antioxidants to combat the oxidation onslaught we should be consuming nine or more servings a day of fruits and vegetables. The big problem is that the average American only consumes on average 1 to 2 servings of fruits and vegetables a day. Even if we didn't overwhelm our bodies with free radical oxidation from outside sources, Americans are not consuming enough phytonutrient antioxidants from fruits and vegetables to stop the damage that is caused just from the free radicals created internally (metabolism).

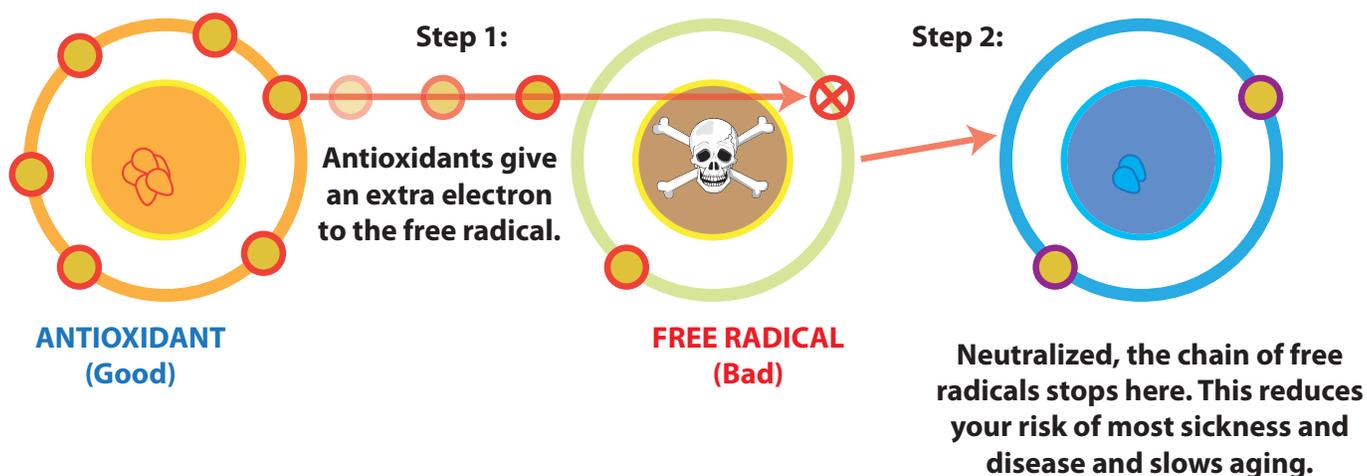
What are these antioxidants found in fruits and vegetables?

Antioxidants are the worker components that make up a large part of the phytonutrient compounds in fruits and vegetables. Antioxidants are molecules that have an abundance of electrons. The antioxidant nutrient enters your blood stream and travels through your body bumping

into the free radicals. Instead of being damaged (oxidized) by the free radical, the antioxidants within the phytonutrient offers up an extra electron thus neutralizing the free radical and stopping the cascade of oxidation in its tracks (see diagram below). The amazing natural structure of antioxidant phytonutrients are nature's answer and protector.

As research evolved in the 1980's and 1990's, scientists discovered that vitamins like vitamins A, C, E and the mineral selenium, acted as antioxidants. So, what happened with this news? Pharmaceutical and chemical companies started creating these vitamins in the lab, but didn't obey nature by keeping the whole food complete. This is why some studies on single vitamins show benefits and others do not. Although countless studies show that you should get your nutrients from whole foods or whole food supplements, many people still fall prey to the non-food based vitamin scams, and risk their health. New research shows that many more antioxidants exist besides the known vitamins. These antioxidants are called phytonutrients, and they exist in whole foods.

The Government even started promoting the concept of getting your nutrients—and especially your antioxidants—from whole fruits and vegetables. The Government department in charge of teaching nutrition to the public is called the USDA. A special test was created that showed the power of whole fruits and vegetables as powerful antioxidants. The test is called ORAC. It stands for Oxygen Radical Absorbance Capacity. It sounds technical but its name explains what the



test does. It measures the ability of a food to absorb and neutralize free radicals.

“ORAC” specifically measures the ability to neutralize the free radical called the “peroxyl radical”. The higher the antioxidant ability of the food to combat the free radical, the higher the number it is given. For example, a half of a cup of blueberries has 1740 ORAC units (ability to neutralize the peroxyl radical). Eggplant only has 320 ORAC units.

From 1999 to 2012 the USDA taught the importance of getting 4-5,000 ORAC units a day. Research shows that the average person only consumes 1,200 ORAC units a day from fruits and vegetables. This discussion was needed because the average consumption of fruits and vegetables a day is only 1 to 1 1/2 servings, and, as stated, we need much more to protect us from the free radical oxidation that occurs in our bodies just from metabolism.

In May of 2012, the USDA ignorantly backed-off of their support for ORAC levels. Their confusion is understood by those of us in the nutrition research arena. The USDA’s problem was that not all diseases showed biological improvement consistently with just high ORAC foods.

They were right because there is more than just one free radical that causes disease. Different free radicals cause different diseases. The ORAC rating tested only for the peroxyl radical, which damages blood cells and their linings that leads to atherosclerosis and heart disease. Other tests show that there are other free radicals that require different antioxidants to neutralize them. Instead of abandoning their campaign to educate the public on antioxidant benefits, they could have

done a little more research to see that certain fruits, vegetables and herbs contain other types of antioxidant compounds that neutralize the other free radicals.

The exciting thing is that we can now test for these other types of antioxidant compounds. And we can test how well they neutralize all the free radicals. These powerful newly-found food compounds exist in phytonutrients within fruits, veggies and herbs. There are thousands of Phytonutrients that have been discovered recently with overwhelming research on their health benefits.

By focusing on the phytonutrients in foods, science discovered that all five major free radicals can be neutralized. Before we talk about the most researched phytonutrients and their benefits, let’s look at the other free radicals and what damage they cause. This way you will be able to see why it’s important to eat a variety of fruits and vegetables daily.

Below is a chart showing the five main free radicals and the major conditions research shows they can cause. Next we will discuss the foods that contain the phytonutrient antioxidants that neutralize them.



Free Radical	Influence on Human Disease
1. Peroxyl Radical	Lipid Peroxidation-Cardiovascular Disease—Atherosclerosis
2. Peroxynitrite	Neuro-Degenerative Diseases—Alzheimer’s & Parkinson’s
3. Hydroxyl Radical	DNA Damage, Cancer
4. Singlet Oxygen	Eye Diseases-Macular Degeneration
5. Superoxide Anion	Mitochondrial Diseases (Energy-Metabolism-Muscle)

The Five Types of Free Radicals and the Specialized Testing to Ensure all are Neutralized

1. Peroxyl Radical

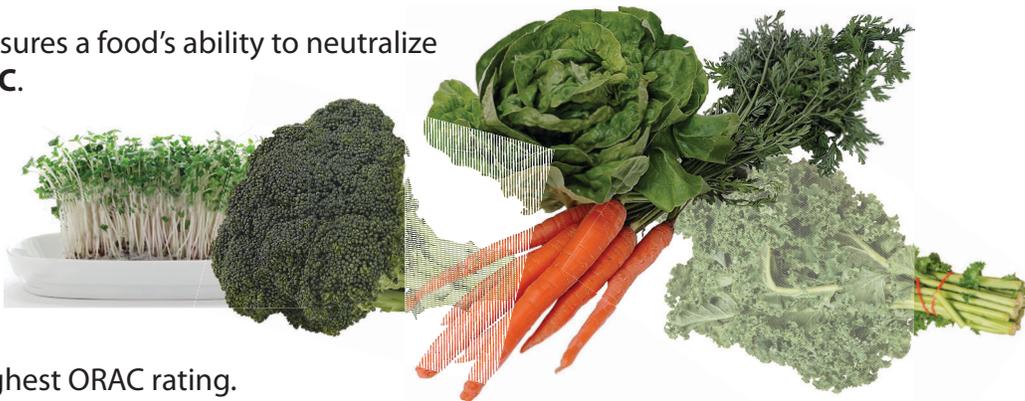
These free radicals damage cell linings and increase the inflammation and damage to arteries of the body. This is why the peroxyl radical greatly influences cardiovascular diseases such as atherosclerosis and heart disease.

The antioxidant test that measures a food's ability to neutralize peroxyl radicals is called **ORAC**.

The Best Antioxidant Foods to Combat Peroxyl Radicals:

Through rigorous testing, it was found that specific cruciferous vegetables rich in sulforaphanes created the highest ORAC rating.

A few examples include: broccoli sprout, broccoli, carrot, spinach and kale.



2. Superoxide Anion Radicals

This form of free radical should be of specific concern for active people, or anyone worried about muscle and energy. Superoxide anions target the mitochondria in the body. Mitochondria are the body's "power plants" which convert digested food and oxygen into energy.

Mitochondria are present in every cell except red blood cells. When mitochondria are damaged by the superoxide anion radicals, you lose energy and your ability to exercise for any period of time is reduced. In addition, muscle loses its ability to recover as fast and mitochondrial diseases occur.

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

The Best Antioxidant Foods to Combat Superoxide Anion Radicals:

Foods that neutralize the superoxide anion radicals the best, and led to the highest SORAC rating, include: green tea, "high antioxidant" forms of apple, elderberry and other berries.



3. Hydroxyl Radicals

These free radicals are implicated in most cancers and auto-immune diseases. The hydroxyl radical targets the body's DNA and creates oxidative damage that can render the body susceptible to debilitating diseases.

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

The Best Antioxidant Foods to Combat Hydroxyl Radicals:

The hydroxyl radical takes a potent group of concentrated herbs to neutralize them including turmeric extract, garlic concentrate, basil, oregano and cinnamon. Other herbs are also beneficial.



4. Singlet Oxygen Radicals

Singlet oxygen radicals are free radicals that target tissues, nerves and blood flow to the eyes. Singlet oxygen radicals have been implicated in eye diseases such as macular degeneration.

The antioxidant test that measures a food's ability to neutralize oxygen radicals is called **SOAC**.

The Best Antioxidant Foods to Combat Singlet Oxygen Radicals:

A unique form of antioxidants called *anthocyanins* neutralize the singlet oxygen radical the best. Anthocyanin antioxidants are found in a wide variety of berry concentrates and extracts which include: bilberry, raspberry, black current, blueberry, sweet cherry, acai and other assorted berries.



5. Peroxyl-Nitrite Radical

Peroxyl-nitrite radicals target nerves and are implicated in many neuro-degenerative diseases such as Alzheimer's and Parkinson's disease. Because peroxyl-nitrite radicals damage nerves, many nerve disorder problems can be traced to this particular free radical.

The antioxidant test that measures a food's ability to neutralize peroxyl-nitrite radicals is called **NORAC**.

The Best Antioxidant Foods to Combat Peroxyl-Nitrite Radicals:

The foods which neutralized the peroxyl-nitrite radical best are: acerola, camu camu, mangosteen, quecetin and acia.

Blending all the *free radical-specific* antioxidant foods together creates a synergism that makes the antioxidant capacity higher to combat each free radical—versus taking each antioxidant group alone.

Phyto Power

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

Phytonutrient compounds not only neutralize all free radicals, they also act in other ways to prevent illness and reach optimal health. For example we've always known apples are healthy because of their pectin fiber which is great for digestion and a great source of vitamins. Now though, scientist have discovered specific phytonutrients in apples that have been proven to reduce the risk of heart disease in women up to **22%**. This was proven in 3 different

studies from Finland and the United States. Remember the adage about an apple a day keeps the doctor away?

Another example is grapes. The antioxidant value of grapes and even red wine has been known for years, but only recently was the phytonutrient "resveratrol" discovered that has proven to lower bad cholesterol (LDL), and even help prevent diabetes.

Hidden until recently, these phytonutrients are taking the connection between what you eat and your quality of life (disease control and anti-aging) to whole new levels. It's much like what the internet has done to change the way the world

communicates. "Phytonutrients" literally mean "nutrients found in plants".

Nature knew our bodies would be bombarded by free radicals. Free radicals are unavoidable. Many scientists believe that research proves the phytonutrients in plant foods, using their antioxidant potency, can quite literally save your life. Phytonutrients also help eliminate toxic wastes by neutralizing and eliminating harmful chemicals from our bodies before we get sick, or worse, come down with a disease. A great example is the phytonutrients sulforaphane and indole which flush out disease (even cancer) causing toxins before they can do harm. Sulphoraphane and Indoles are found in broccoli and sprouts.

Now before you go all crazy and start trying to buy individual phytonutrients from a chemical

drug corporation posing as a nutrition company, you need to understand the important lesson that a lot of people still haven't learned about vitamins. The only way to guarantee that you are getting the phytonutrients in the form needed to prevent and fight disease is to get them in nature's convenient packages called whole foods. Pesticide and chemical-free vegetables, fruits, herbs, and non-gmo grains if you can find them, are what we are talking about. Consuming 4-6 servings of phytonutrient-rich fruits and vegetables a day from multiple sources is a minimum needed and up to 10 servings is needed to fight the constantly-rising pollution/chemical ridden environment and daily stresses that cause free radical oxidation.

Phytonutrient Research

To get you committed to take in more phytonutrient rich plant foods, here are some phytonutrient names, the foods they came from, and the exciting research as to their health benefits.

Phytonutrient family: **Carotenoids** including beta-carotene, lycopene, lutein and zeaxanthin.

Found in: tomatoes, carrots, cranberry, spinach, kale and other dark green leafy vegetables.

Health Research: An Italian study showed seven or more servings of tomatoes a week lowered the risk of colon, rectal and stomach cancer by 60%. Beta-Carotene and lycopene are found in tomatoes.

Harvard Researchers looked at the phytonutrients lutein and zeaxanthin found in spinach and other dark leafy vegetables. They found a 43% lower risk of macular degeneration with people who consumed the most. It was found that these phytonutrients protect your retina from absorbing the harmful blue-wavelength found in sunshine exposure. You will notice lutein and zeaxanthin in eye supplements, but be careful if they are not a part of the whole food. Nature intended the whole food to be consumed for guaranteed benefits. Carotenoids have also been shown to protect against heart disease.

Phytonutrient family: **Flavonoids** including Resveratrol.

Found in: apples, cranberries, berries, grapes, broccoli, onion, green tea and pomegranates.

Health Research: Grapes and berries have been shown to use their flavonoids to make blood vessel lining more supple which helps lower blood pressure and plaque build up.

A Harvard study found that Resveratrol can also lower blood sugar and boost liver function. It has even increased longevity over 30% in mice studies. Resveratrol has also been found to starve cancer cells by blocking a nuclear protein they need to reproduce. A University of California LA study found that pomegranate juice ingestion of 8 ounces a day increased the stability of prostate antigens in prostate cancer survivors by nearly four times versus those who didn't drink their phytonutrients. Researchers attributed the benefits to the combination of flavonoids and antioxidants in pomegranate juice.

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 versus the ones who had the highest flavonoid intake.



Phytonutrient Family: **Isothiocyanates** including sulforaphane and phenethylisocyanate.

Found in: Broccoli sprouts, brussels sprouts and watercress.

Health Research: One John Hopkins study found the group with the highest sulforaphane content in the body had a 40% less chance of developing breast tumors. Isothiocyanates neutralize the damaging effects of smoking, as a study at the University Of Minnesota Cancer Center found.

Phytonutrient Family: **Monoterpenes** including limonene and perillyl.

Found in: citrus fruits, cherries

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

Phytonutrient Family: **Organosulfur** compounds including allylic sulfides, allium, ajoene and allicin.

Found In: onions and garlic

Health Research: Allylic sulfides stimulate toxin eliminating enzymes. They are effective against cancers of the gastrointestinal tract. 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 consumed by garlic eaters rendered 76% fewer tumors when compared to non-garlic eaters. The ajoene phytonutrient even showed tumor shrinking properties. Allylic sulfides have shown to balance cholesterol and

triglycerides, while lessening blood clots and hardening of arteries. The allicin compound in garlic has been studied and proven to lower cholesterol and relax blood vessels while also killing microbes responsible for colds, flues, viruses and yeast infections. Inflammation of the stomach is caused by H.Pylori bacteria, and allicin can decrease it.

Phytonutrient Family: **Phenolic** compounds including ellagic acid and curcumin.

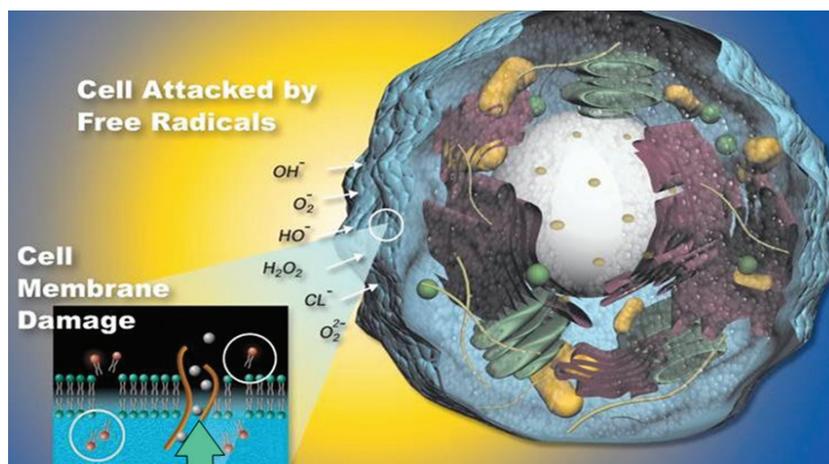
Found In: most fruits and vegetables, green tea and turmeric.

Health Research: Curcumin is finding promise in studies to help prevent and treat Alzheimer's. Ellagic acid in strawberries and cherries has been found in a large Finnish study to destroy hydrocarbons that potentially cause cancer in smokers. Strawberry and blueberry extracts have been found to improve cognitive function of the brain. Curcumin found in turmeric has been shown to slow the Aids illness. It also protects the eyes from free radicals that cause cataracts, reducing occurrence by up to 52%. Curcumin has been shown to reduce pain and inflammation caused from arthritis and even rheumatoid arthritis.

Phytonutrient Family: **Saponins**

Found in: vegetables, herbs, spinach and tomatoes.

Health Benefits: saponin rich diets have a consistently lower rate of breast, prostate and colon cancer according to the University of Toronto research. Saponins also stimulate the immune system. They have a special ability to lower cholesterol levels found in cancer membranes.



Whole Food Phytonutrients

These phytonutrients are just a few of the thousands that are in the plants mentioned. You probably have heard of a few by now, and we promise you will hear about more of them over the next decade.

Marketing will appeal to you to take individual phytonutrients for each ailment separately, but buyer beware! Nature put phytonutrients in whole foods for a reason. It's because you need the entire whole food compound in the fruit, vegetable or herb to guarantee effectiveness of the phytonutrient. One famous study from Finland of 29,133 male smokers involved taking high doses of the individual nutrients, beta-carotene and alpha-tocopherol. Men in the study increased their risk of lung cancer 18%. In contrast, many studies showed antioxidant phytonutrients, when still a part of the food, actually lowered cancer and disease rates.

One study in Japan showed a 36% reduction in lung cancer risk when RAW vegetables were consumed daily, and a 55% reduced lung cancer risk when eating an extra raw fruit daily.

Yale even did a study showing 60% reduction in cancer from second hand smoke if 1 1/2 additional servings of raw fruits and vegetables were consumed daily.

Antioxidants



Antioxidants help provide us with protection from the damaging effects of free radicals.

Inflammatory Conditions

Phytonutrients ingested through an array of antioxidants can help nutritionally support the conditions mentioned, but one big condition is worthy to be addressed separately: Inflammation.

Inflammation throughout the body (systemic inflammation) causes or leads to serious pain, joint damage, accelerated aging and organ failure. The linings of arteries 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 pesticide and chemical-free fruits, vegetables and herbs each day is the noticeable reduction of inflammation throughout the whole body in just a few weeks. This benefit alone, of systemic reduction of inflammation damage, can add quality and years to your life... and the great thing is that most people notice and feel it quickly.

THE ANSWER: To Disease & Degeneration

The answer is to eat more pesticide and chemical free raw fruits and vegetables, while focusing on variety like the ones mentioned in this article. 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 understand that some people don't consistently have access to a good variety of all the healthy pesticide and chemical-free fruits, vegetables and herbs. Also, a lot of you don't have

the time to constantly find the variety needed. We spent years researching, resourcing, blending and testing a whole food powder with over 24 **RAW** fruits, vegetables and herbs from over 15 countries. This powder has an extremely high rating of 20,000 antioxidant units per serving, neutralizing not just one, but all five free radicals. The famous Brunswick Laboratory tested our fruit and vegetable Spectra blend and showed that all five free radicals were neutralized. This formula is extremely phytonutrient rich. We've only listed the top phytonutrients, although it contains thousands more. The formula is called **Fruit and Veggie Plus**. Because this formula includes the highest phytonutrient rich, organic, pesticide and chemical-free foods from around the world, and is independently tested for its antioxidant potency in every batch, supplies are limited at this time. We guarantee that all five free radicals are neutralized through ORAC, SORAC, HORAC and NORAC testing and each 15-gram serving has 20,000

antioxidant units.

We highly recommend that you make the lifestyle changes to consume more phytonutrients and antioxidant-rich foods in your daily routine. If you have increased your intake of a variety of pesticide and chemical-free fruits, vegetables and healthy herbs daily, we salute you. By increasing your fruit and vegetable consumption, you would only need **Fruit and Veggie Plus** to fill in the gaps, or for special needs. Many healthy eaters still add 1/2 to 1 serving a day to their routine.

If you don't have easy access to organic or pesticide chemical-free fruits and vegetables daily, 1-2 servings a day of **Fruit and Veggie Plus** will boost your antioxidant and phytonutrient levels dramatically. Remember that the average American consumes only around 1200 antioxidant units a day. **Fruit and Veggie Plus** contains 20,000 units per serving, and it comes in a 30-serving jar. That's over 650,000 antioxidant units per bottle!



“Testimonials”

“The New Fruit and 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 a “COMPLETE” fruit and vegetable powder, I mix it with my protein ...I am a maniac in the gym!”
Linda W. ~ North Richland Hills, TX



“I have been personally taking and recommending the products from Optimal Health Systems for several years. What I really like about their products is that they are from Whole Foods and address many of the issues facing my patients. I specialize in Detoxification, Weight Loss and Preventative Anti-Aging. The benefits and before and after testing that we do in our office shows how wonderfully the products work synergistically with the body systems.”
R. Donahue, PhD, Ageless Health, Author of "The Pollution Inside You"

"Knowing that I am supplying my body the highest antioxidant, free radical 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 and Veggie Plus is a must have for every household; 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. Fruit & Veggie Plus keeps me young looking, healthy, and helps me to recover from hard training."

Nigel H. ~ Licensed Massage Therapist
Owner, Massage For Health And Fitness ~ New York, NY

Besides the quoted research and great customer testimonials, our

Fruit and Veggie Plus Spectra Blend

has created the ability to make the following statement:

The phytonutrient/antioxidant blend in Optimal Fruit and Veggie Plus has been tested and the government allows 9 structure function claims as to what type of health benefits one could receive by consuming

Optimal Fruit and Veggie Plus.

STRUCTURE FUNCTION CLAIMS:

PROMOTES: **Cardiovascular Health**

PROMOTES: **Healthy Glucose Metabolism**

PROMOTES: **Healthy Vision**

PROMOTES: **Healthy Inflammatory Response**

PROMOTES: **Healthy Brain Function**

PROMOTES: **Healthy Aging**

SUPPORTS: **Healthy Immune Response**

SUPPORTS: **Healthy Skin**

SUPPORTS: **Urinary Tract Health**

The amount of research necessary to be allowed to make these claims is substantial. We are excited about all our testimonials because it helps encourage you to increase your fruit and vegetable intake!

For those of you who had to wait on your order we apologize; procuring all these chemical and pesticide free foods from 15 Countries takes time.

Remember that Phytonutrients are antioxidant foods (that neutralize all five free radicals) and are nature's health compounds. These nutrients are

found in whole foods and should be taken as such. Just like phytonutrients were not known until recently, there will be other discoveries in the future. Taking in these raw whole foods will ensure that you will always have everything nature intended to create optimal health.

This is just one of the many Special Health Reports available for your patients. OHS will customize the Special Health Reports with your clinic's name and contact information.
(See page 1 of the Report)

These Special Health Reports keep your patients informed of the latest research and they also sell the amazing whole food products for you.

Call **1-800-890-4547** to talk with a friendly health care representative or go to www.ohs4life.com

Optimal Fruit & Veggie Plus is a phytonutrient and highly potent antioxidant powder with 24 raw freeze dried fruits and vegetables. Raw freeze dried fruits and vegetables are combined with organic juices, herbs and natural flavorings to provide a great tasting powder. **One serving of Optimal Fruit & Veggie Plus has over 13 TIMES the antioxidant potency than the average American gets per day.**

Ratings were created to determine the antioxidant health benefit of fruits and vegetables. Research shows on average, we consume only 1 to 2 servings, or 1,000 antioxidant units per day. We need over 4,000 units to fight off inflammation, aging and degenerative disease. **Optimal Fruit and Veggie Plus** has been researched and tested to provide 20,000 antioxidant units per each 15 gram serving.

New Brunswick Laboratory has confirmed that the phytonutrient rich ingredients in **Optimal Fruit and Veggie Plus** neutralize all 5 free radicals.

- ORAC - Testing for the peroxyl radical that causes inflammation and heart disease.
- NORAC - Testing for the peroxy-nitrite radical that is linked to Alzheimer's and Parkinson's disease.
- HORAC - Testing for the hydroxyl radical that targets the body's DNA and can cause cancers.
- SOAC - Testing for the singlet oxygen radical that causes macular degeneration.
- SORAC - Testing for the super oxide anion radical that causes energy & muscle disorders & inflammation.

The antioxidant and phytonutrient power from these ingredients has created the ability to make **9 Government Approved Structure Function Claims:**
PROMOTES & SUPPORTS: cardiovascular health • healthy glucose metabolism
 healthy vision • healthy inflammatory response • healthy brain function
 healthy aging • healthy immune response • healthy skin • urinary tract health

1 Scoop = 20,000 phytonutrient rich antioxidant units.
Directions: As a dietary supplement, add 1 scoop of powder to 8 ounces of water or your favorite beverage, mix with a blender or shaker. For an extra thick and creamy snack, mix 1 scoop in a blender with ice. Take 1-2 servings a day.



POWERFULLY POTENT WHOLE FOOD BASED PRODUCTS

20,000 Antioxidant Units Per Serving

OPTIMAL™

FRUIT & VEGGIE PLUS

Over 35 phytonutrient rich foods from 15 different countries

✓ GLUTEN FREE ✓ DAIRY FREE ✓ SOY FREE ✓ GMO FREE
 ✓ ORGANIC JUICES ✓ CHEMICAL & PESTICIDE FREE

DIETARY SUPPLEMENT

CONTAINS OVER 650,000 ORAC UNITS

450 GRAMS

OPTIMAL HEALTH SYSTEMS

INGREDIENTS:
RAW FREEZE DRIED: Banana, Pineapple, Strawberry, Noni, C. Berry, Broccoli Sprouts, Acerola Cherry, Camu Camu, Tomato, Broccoli, Carrot, Acai, Mangosteen, Spinach, Kale, Brussel Sprouts.

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

HERBS & EXTRACTS: Green Tea, Onion, Red Apple, Quercetin, Organic Turmeric, Garlic, Basil, Oregano, Cinnamon, Anthocyanidin Berry Antioxidant Blend.

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

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 diet of 2,000 calories.

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

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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