

## Exotic Fruit Ingredients in Zambroza

### Mangosteen



The highest source of a family of antioxidants called xanthones which support the immune system and circulatory system. As the gentle rains fall on the islands of South- East Asia, mangosteen groves soak in the nutrients of the rich jungle soil. These nutrients help create one of the most unique fruits ever discovered. Mangosteen is prized by natives of these islands, not only for its taste but its ability to give energy and as a powerful traditional medicine. Native islanders have used this exotic fruit for thousands of years but its healing properties have only just been discovered by western scientists.

### Goji Berries



An important source of micronutrients as well as polysaccharides that protect the body against cellular damage. For thousands of years, Chinese healers used the fruit from the **Wolfberry** bush to strengthen the eyes, liver, kidneys, and build healthy circulatory and immune systems. Wolfberry contains nineteen amino acids, twenty-one important trace minerals, beta-carotene, vitamin C, and an unusually high amount of protein. One of the key constituents of wolfberry is Lycium Barbarum polysaccharide (LBP)<sup>1</sup> which has demonstrated the ability to protect the body against cellular damage as well as promote healthy cell growth.

### Grapes



Very very rich in bioflavonoids and other phytochemicals that have powerful antioxidant properties. For years now, scientists from around the world have been puzzled by the phenomenon known as the French Paradox. What they observed was that although the French consume more than three times as much saturated fat as most other countries (in the form of butter, cream, and other high-fat ingredients), their rates of obesity and heart disease are surprisingly low. Clinical studies indicate that the consumption of grapes and wine by the French are responsible for their health.

## Sea Buckthorn



One of the best known natural sources of vitamins A, C, E, B vitamins, folic acid, essential fatty acids, bioflavonoids, phytosterols, and other micronutrients. \* This ingredient may not be included dependant on individual countries regulations. Ancient healers from India, Greece, Persia, and Germany harvested the berries from Sea Buckthorn to promote healthy skin and circulatory system Sea Buckthorn berries are one of the best known natural sources of vitamins A,C,E, beta carotenes, and are rich in several B vitamins, folic acid, essential fatty acids, bioflavonoids, phytosterols, phenols, and many micronutrients.

## Raspberry



Contains many important phytonutrients including ellagic acid which helps promote a healthy cardiovascular system & helps the body maintain healthy capillaries in the eyes and brain. They were first harvested by the early Greeks. Raspberries are densely packed with potent phytochemicals that improve health. Raspberries are an excellent source of manganese, vitamin C, magnesium, potassium and B vitamins. They also contain bioflavonoids called anthocyanins which act as antioxidants. One of the key constituents of raspberries is another antioxidant called ellagic acid. Ellagic acid helps promote a healthy cardiovascular system and helps the body maintain healthy capillaries in the eyes and brain

## Blueberries



Are one of the best natural sources of a bioflavonoid called anthocyanins which helps the body build strong veins and fights the effects of premature aging. Blueberries contain over forty compounds that have antioxidant properties<sup>1</sup>. What gives the blueberry its deep blue hue is a pigment called anthocyanins which makes it one of the healthiest food choices in the fight against premature aging. Anthocyanins is a potent antioxidant. Blueberries are also full of fiber, vitamins A and C, iron, and folic acid. Studies show that they may strengthen eyesight & help maintain a healthy urinary tract.

## Apples



Help the body maintain proper cell growth, support the circulatory system, and immune system. Studies have found that a combination of apples along with apple skins is very high in antioxidant compounds called phenols. Phenols help the body maintain proper cell growth & support the circulatory system. These phenols prevent the oxidation of the bad cholesterol in fat which causes premature aging in cells as well as other damage. The bioflavonoids have been extensively researched and found to help the body maintain a healthy circulatory system. Apple skins contain a potent antioxidant bioflavonoid called quercetin.

## Green Tea (decaffeinated)



Contains a high amount of a family of antioxidants called polyphenols which help the body maintain levels of cholesterol & protect against free radicals. The Chinese have known about green tea for 4,000 years. Drinking green tea may increase the body's natural resistance to "out of control cell growth" by nearly 60%. Drinking green tea lowers total cholesterol levels & improves the ratio of good (HDL) cholesterol to bad (LDL) cholesterol & Green teas ability to support the digestive system. Most of the benefits of consuming green tea come from a family of antioxidants called polyphenols.

Please contact your Nature's Sunshine Representative

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