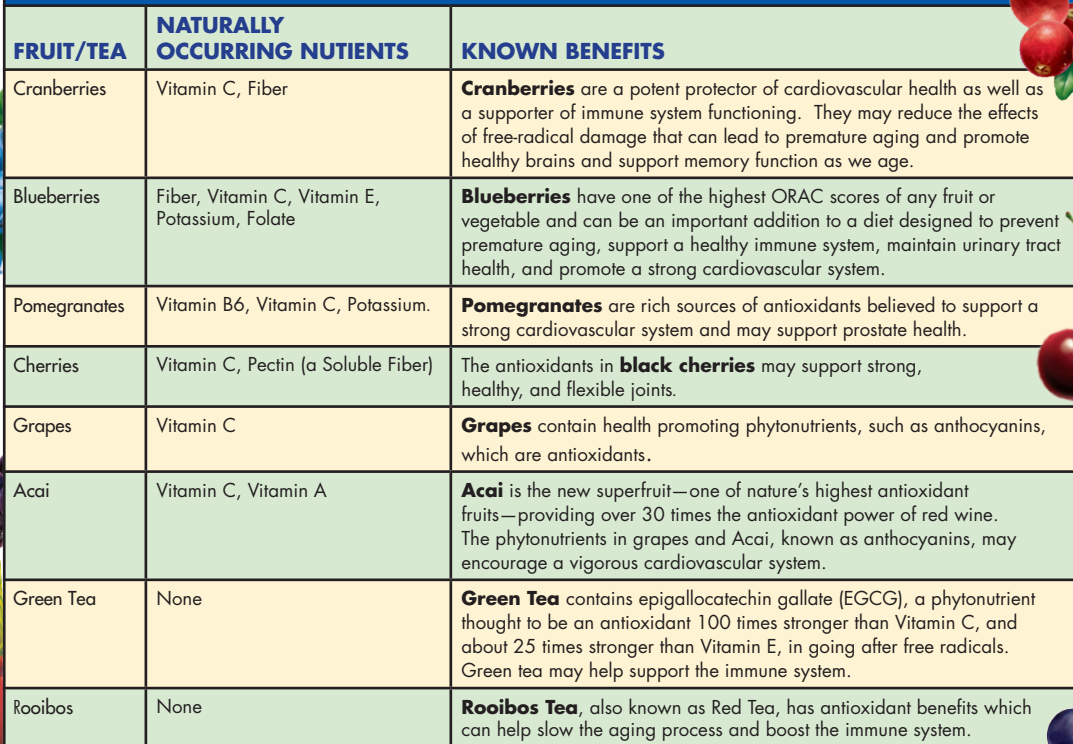


KNOW YOUR FRUIT FUNCTIONAL FACTS

ANTIOXIDANT POWER



FRUIT/TEA	NATURALLY OCCURRING NUTRIENTS	KNOWN BENEFITS
Cranberries	Vitamin C, Fiber	Cranberries are a potent protector of cardiovascular health as well as a supporter of immune system functioning. They may reduce the effects of free-radical damage that can lead to premature aging and promote healthy brains and support memory function as we age.
Blueberries	Fiber, Vitamin C, Vitamin E, Potassium, Folate	Blueberries have one of the highest ORAC scores of any fruit or vegetable and can be an important addition to a diet designed to prevent premature aging, support a healthy immune system, maintain urinary tract health, and promote a strong cardiovascular system.
Pomegranates	Vitamin B6, Vitamin C, Potassium.	Pomegranates are rich sources of antioxidants believed to support a strong cardiovascular system and may support prostate health.
Cherries	Vitamin C, Pectin (a Soluble Fiber)	The antioxidants in black cherries may support strong, healthy, and flexible joints.
Grapes	Vitamin C	Grapes contain health promoting phytonutrients, such as anthocyanins, which are antioxidants.
Acai	Vitamin C, Vitamin A	Acai is the new superfruit—one of nature's highest antioxidant fruits—providing over 30 times the antioxidant power of red wine. The phytonutrients in grapes and Acai, known as anthocyanins, may encourage a vigorous cardiovascular system.
Green Tea	None	Green Tea contains epigallocatechin gallate (EGCG), a phytonutrient thought to be an antioxidant 100 times stronger than Vitamin C, and about 25 times stronger than Vitamin E, in going after free radicals. Green tea may help support the immune system.
Rooibos	None	Rooibos Tea , also known as Red Tea, has antioxidant benefits which can help slow the aging process and boost the immune system.