

# ACAI Berry



Fresh acai berry has been the staple nutritious diet of native amazonians for centuries. Acai berry has very good levels of anti-oxidants, minerals, and vitamins that have health benefiting and disease preventing properties.

Acai berry contains many polyphenolic anthocyanin compounds like resveratrol, cyanidin-3-galactoside, ferulic acid, delphinidin, petunidin as well as astringent pro-anthocyanidin tannins like epicatechin, procatechuic acid and ellagic acid.

Scientific studies on these compounds suggests that these compounds have been claimed to act as anti-aging, anti-inflammatory, anti-cancer functions by virtue of their anti-free radical fighting actions. In addition tannins are known to have anti-infective, anti-inflammatory and anti-hemorrhagic properties.



Preliminary research studies suggest that ellagic acid in acai has anti-proliferative properties due to its ability to directly inhibit the DNA binding of certain carcinogens, including nitrosamines toxins in the food.

Acai berry is also rich in medium chain fatty acids like oleic acid (omega-9) and linoleic acid (omega-6). These compounds help reduce LDL cholesterol level and rise good HDL cholesterol levels in the body, prevent skin dryness as well as help prevent heart disease.

Acai pulp has good levels of dietary fiber. Good fiber in the diet helps remove cholesterol in the stools.

# Pomegrenate

Pomegrenates have very high content of punicalagins, a potent anti-oxidant component found to be responsible for its superior health benefits. Amazingly, researches indicate that the capacity of anti-oxidant in this fruit is two or three times higher than that of red wine and green tea.

The level of anti-oxidant is even higher than those of other fruits known to have high-levels of anti-oxidant, including blueberries, cranberries and oranges. This was attributed to the very high polyphenol content in the fruit.

They are also a good source of vitamin B (riboflavin, thiamin and niacin), vitamin C, calcium and phosphorus. These combination and other minerals in pomegranates cause a powerful synergy that prevents and reverses many diseases.

A new study has shown that drinking pomegranate juice frequently is extremely beneficial in fighting the hardening of arteries (atherosclerosis).

It reduces the oxidation of bad LDL cholesterol which contributes to artery clogging and hardening.

Not only does the juice significantly reduce the blood vessel damage, it is found to actually reverse the progression of this disease.

Another study positively proved that pomegranates contain a powerful agent against cancer, particularly prostate cancer.

Here are some common ailments that are known to react positively with the use of pomegranate or its juice:

**Anemia, Anti-aging, Asthma, Atherosclerosis, Cancer Prevention, Lower Cholesterol Levels, Dysentery, Immune Booster, Sore Throat and many more.**



# Green Tea

Today, scientific research in both Asia and the west is providing hard evidence for the health benefits long associated with drinking green tea. For example, in 1994 the Journal of the National Cancer Institute published the results of an epidemiological study indicating that drinking green tea reduced the risk of esophageal cancer in Chinese men and women by nearly sixty percent. University of Purdue researchers recently concluded that a compound in green tea inhibits the growth of cancer cells. There is also research indicating that drinking green tea lowers total cholesterol levels, as well as improving the ratio of good (HDL) cholesterol to bad (LDL) cholesterol.

To sum up, here are just a few medical conditions in which drinking green tea is reputed to be helpful:

**cancer  
rheumatoid arthritis  
high cholesterol levels  
cardiovascular disease  
infection  
impaired immune function**



**What makes green tea so special?**

The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant: besides inhibiting the growth of cancer cells, it kills cancer cells without harming healthy tissue. It has also been effective in lowering LDL cholesterol levels, and inhibiting the abnormal formation of blood clots. The latter takes on added importance when you consider that thrombosis (the formation of abnormal blood clots) is the leading cause of heart attacks and stroke.

**ACAI POM GT  
SLIMLINE  
Lipoburner**

**Now imagine all these health benefits in one capsule...**