



## NatraBurst - Super Foods Blend

### **A Burst of Nature!**

NatraBurst™ is a powerful food source consisting of a wide variety of premium ingredients, which work together to provide a variety of health benefits. Each serving contains the equivalent of more than 6 servings of vegetables and fruits, with an ORAC value of 4,000+.

Additionally, NatraBurst™ will help support lean muscle mass with its concentration of high quality protein.

- Increase Energy
- Reduce Appetite
- Strengthen Immune Function
- Improve Digestion
- Support Blood Sugar/Insulin
- Promote Fat Loss
- Rebuild and Repair
- Anti-Aging
- Promote Healthy Skin
- Support Cardiovascular Health
- Support the Body's Healthy State of Alkalinity



### **FLEXIBILITY**

NatraBurst™ has Multiple uses – can be used in between or prior to meals to suppress appetite, or larger serving mixed in milk or juice could replace a meal. Can also be taken anytime for high nutritional value. Will enhance the value of nearly any food or beverage, such as juices, milk, yogurt, pudding, cookies, etc.

### **SAVINGS**

NatraBurst™ provides a wide variety of nutrients in ONE formula. You would typically need to purchase multiple products to achieve the same benefits. One serving of NatraBurst™ gives you more than taking dozens of capsules!

### **A Powerhouse of Vitamins, Minerals, Protein, Enzymes, Antioxidants & More...**

- High quality protein
- Natural fiber
- More antioxidants than 6 servings of fruits and vegetables
- Digestive enzymes
- Prebiotics & Probiotics for improved digestive health
- Resveratrol, Grape Seed, Quercetin
- Natural appetite suppressants
- Good tasting
- More than 30 super foods containing potent phyto (plant) nutrients

***An overview of the exceptional ingredients...***

### **PROTEIN BLEND**

**Brown Rice Protein** – an excellent hypoallergenic protein source that is also an ideal option for those who adhere to vegetarian/vegan diets.

Protein is an extremely important nutrient...

- Required for building and repair of body tissues (including muscle)
- Contains enzymes, hormones, and many immune molecules
- Essential for body processes such as balancing hydration, nutrient transport, and muscle contraction.
- A source of energy and increases metabolism
- Controls hunger
- Helps keep skin, hair, and nails healthy

## **GREENS BLEND**

**Barley Grass** –acts as a free radical scavenger that can reduce inflammation and pain. It is also thought to be able to help the body attack cancer cells.

**Chlorella** – a superior source of protein, chlorophyll, antioxidants, vitamins, minerals and disease-preventive phytonutrients.

**Spirulina**– protects from oxidant stress and strongly supports the immune system and a healthy inflammatory response. Scientific studies suggest it may be especially good for the brain, heart, immune system and more.

**Wheat Grass** – a strong antioxidant, detoxifier and free radical scavenger. It cleanses the blood & restores alkalinity, organs and gastrointestinal tract of debris. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body.

**Carrot** – one of the richest sources of vitamin A. It also ranks high as a source of the other vitamins, especially those of the B complex. Its mineral content is equally rich, and includes calcium, copper, magnesium, potassium, sodium, phosphorus, chlorine, sulfur, and iron.

**Broccoli** –in recent years, broccoli has made the headlines regarding components found in the vegetable. For instance, indole-3-carbinol has captured the attention of those looking to prevent hormone-related cancers, such as breast- and prostate cancer. Additionally, the health benefits of broccoli have been linked to preventing and controlling the following medical concerns: Alzheimer's disease, diabetes, calcium deficiencies, stomach and colon cancer, malignant tumors, lung cancer, heart disease, arthritis, and even the aging process.

**Cauliflower** – Cruciferous vegetables, including the cauliflower, are known for their cancer fighting benefits. A rich source of vitamin C and other antioxidants.

**Spinach** –The vitamins in spinach, plus the fiber, folic acid, magnesium, lutein and other nutrients may help control cancer, especially colon, lung and breast cancers. Folate also lowers the blood levels of homocysteine, a protein that damages arteries. The flavonoids in spinach help protect against age related memory loss. Spinach also contains 'lutein,' which makes it one of the best foods in the world to prevent cataracts, as well as age related macular degeneration, the leading cause of preventable blindness in the elderly.

**Beet** – contains high levels of anti-carcinogens and carotenoids. Beets are also loaded with antioxidants, which help protect against cancer and heart disease. Supports healthy liver function and can help keep arteries flexible.

## **ANTIOXIDANT BLEND**

**Aloe Vera** – the virtues of Aloe Vera have been recorded by various civilizations for thousands of years. In recent history, numerous scientific studies have also concluded that high quality Aloe Vera used internally or topically can have astounding health benefits, ranging from strengthening the immune system, accelerating healing, improving digestive problems, etc. Aloe Vera truly is **'THE MIRACLE PLANT!'** Its uses and benefits are so wide ranging, new applications for this incredible herb are being consistently discovered!

**Tumeric** – one of nature's most powerful healers. It has been used in Indian medicine for more than 2,000 years. It has been long known for its anti-inflammatory properties. It is also a powerful antioxidant.

**Cilantro** – an antioxidant and detoxifier. Cilantro is known to be rich in phytonutrients, flavonoids and active phenolic acid compounds, which are all very good for supporting optimum health.

**Mangosteen** – a fruit originally used in Southeast Asia for its health benefits. Mangosteen is high in antioxidants and may have health benefits, including anti-inflammatory, antimicrobial, antifungal, and antiseptic properties.

**Acerola Berry** – can help strengthen the immune system, speed up the healing of wounds, prevent heart disease, and even protect your body against cancer. Acerola is very rich in vitamin C, which is one reason why it is so powerful in strengthening the immune system and fighting off diseases like heart disease and cancer.

**Red Beet Root** – the red pigment in beets raises antioxidant enzyme levels in the liver and may promote detoxification in the intestines, blood and liver. Colon cancer research has also shown that consumption of beet fiber may increase colonic CD8 cells, which detect and remove abnormal cells.

**Pomegranate** – has excellent antioxidant qualities. Pomegranate juice has been shown to work well as a blood thinner. Some research has shown it may be an excellent agent for promoting blood flow to the heart. It also has been shown to reduce plaque in the arteries, and to raise “good” levels of cholesterol while helping lower “bad” cholesterol. This preliminary research suggests that pomegranate juice may be helpful in preventing heart disease, heart attacks and stroke.

**Green Tea Extract** - contains powerful antioxidants (flavonoids) that can help protect heart disease, cancer and stroke. Green Tea has metabolism boosting benefits and increases the metabolic rates, reduces hunger and speeds up fat oxidation.

**Quercetin** – a naturally occurring substance known as bioflavonoid that is found in high concentrations in the skin of apples, red onions, citrus fruits and red grapes. It is a powerful antioxidant and anti-inflammatory. Quercetin benefits may also include the reduction of anxiety, depression and even fatigue.

**Resveratrol** – the most and popular sources of resveratrol are in red wine and grapes. Some have dubbed resveratrol the "Fountain of Youth" because of its reported anti-aging properties. It is an anti-inflammatory and can also increase energy levels and lower blood sugar.

**Grape Seed Extract** – is thought to be one of the most powerful antioxidants, considered to be more than 20 times more powerful than vitamin C and 50 times more powerful than vitamin E.

**Blueberry** – another very powerful antioxidant, thought to improve immunity, promote urinary tract health, brain health and may even help reduce 'belly fat.'

**Tomato/Lycopene** – tomato products are the richest sources of lycopene. As a powerful antioxidant, lycopene helps neutralize harmful free radicals, which may be responsible for many illnesses, including cancer, heart disease and other age related illnesses.

## **DIGESTIVE BLEND**

Rich in fiber which provides a feeling of fullness and contributes to digestive health.

- Flax
- Brown Rice Bran
- Oat Betaglucan
- Apple Pectin

Includes important enzymes that will help break down proteins and carbohydrates.

- Papain
- Protease
- Amylase
- Lipase
- Cellulase
- Lactase
- Glutamine

This special digestive blend also includes probiotics, which assist with digestion and protect against harmful bacteria.

- Lactobacillus Acidophilus
- Lactobacillus Casei
- Lactobacillus Reuteri
- Bifidobacterium Breve
- Bifidobacterium Rhamnosus
- Fructooligosaccharides
- Lactospore™

## **NUTRITION FACTS**

<b>Nutrition Facts</b>	
Serving Size 1 Level Scoop (16.5g)	
Servings Per Container About 30	
<b>Amount Per Serving</b>	
<b>Calories</b> 50	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0g	
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 8g	<b>16%</b>
Vitamin A 50%	• Vitamin C 80%
Calcium 25%	• Iron 6%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

**OTHER INGREDIENTS: Stevia, Berry Blast Flavor**

Contains NO yeast, corn, wheat, gluten, preservatives, artificial flavoring, artificial color or artificial sweeteners.

**DIRECTIONS:** Mix one level scoop of NatraBurst™ with 8-10 ounces of water or your favorite beverage. May increase or decrease fluid to reach desired consistency.

**NOTE:** Unlike 'Dietary Supplements,' NatraBurst™ does not have vitamins and minerals added. Instead, it is formulated with high quality food concentrates, which contain a wide variety of nutrients that are present in their natural form. Therefore, it is classified as a "Food," and the nutritional information (Nutrition Facts) displayed on the label is structured to comply with FDA labeling regulations for food products. The label content is only a partial representation of the actual nutritional value of the product. We are confident that if you research some of the terrific ingredients in NatraBurst™, you will be assured that it provides an exceptional levels of valuable nutrients not found in other products.