



# HEALTHY FRUIT MIX

A DELICIOUS PHYTONUTRIENT DRINK MIX SUPPLEMENT  
TO SUPPORT HEALTHY AGING<sup>†</sup>

**Healthy Fruit Mix** is a delicious anti-aging drink mix supplement that combines 19 nutrient rich whole fruits and vegetables and extracts.\* Some of Nature's most protective foods are darkly colored fruits & vegetables because they contain potent antioxidants such as phenols, anthocyanins, ellagic acid, proanthocyanidins, bioflavonoids and Vitamin C, which provide a variety of health benefits.\* Also included are anti-aging nutrients: Alpha GPC, L-Carnosine and Folic Acid to support mental energy, focus and clarity.\*

**Healthy Fruit Mix** is a very convenient way to get more fruits and vegetables every day without the added calories, sugars or starch. Available in a 30 serving container.

**Healthy Fruit Mix contains powerful health promoting purple phytonutrients that support:**

- Healthy aging\*
- Memory\*
- Mental clarity & focus\*
- Cell health & function\*
- Circulation & vascular health\*
- Smooth, healthy, radiant skin\*
- Immune system function\*
- Nerve and brain function\*

**Healthy Fruit Mix** has a delicious berry flavor enhanced by the natural sweetness of stevia and purple carrot.

#### Antioxidant Support

**Healthy Fruit Mix** contains health promoting phytonutrients like: anthocyanins, ellagic acid, phenolics, quercetin and others for total mind and body support.\* The darker the fruit or vegetable color, the greater its antioxidant power.\*

#### Aging and Cellular Support

Anthocyanins, quercetin, Acai. Purple (red) Cabbage, Goji berries, L-Carnosine and Mangosteen help to counter the negative effects of free radicals, protect against oxidative damage and support healthy aging.\*

#### Circulation and Vascular Support

Ellagic Acid, Quercetin, Goji berries, Pomegranate, Bilberries, Blackberries, Black Cherries and Blueberries support the structural integrity of the vascular walls, provide antioxidant protection and support circulation.\*

#### Immunity

Quercetin, Acai, Mangosteen, Goji berry, Camu Camu, Plums, Black Raspberries and Bilberry help the immune system to function at an optimal level.\*

#### Neurological Function

Alpha GPC, Folic Acid and L-Carnosine help protect cells against oxidative stress, improve neuron functioning and memory.\*

#### Radiant Skin

Acai, Goji berries, Camu Camu, Ellagic Acid and Black Currants provide antioxidants to help protect skin against oxidation, UV light and environmental pollutants.\*

#### Ingredients of Interest:

Branded Pomegranate Extract-P40p™ is a pomegranate extract standardized to 40% punicosides. P40p™ has a higher phenolic content than the leading commercially available pomegranate juices, but contains none of the sugar, carbs and calories found in commercial juices.

#### Acai

Acai, which is similar to grapes, is a small, round and blackish purple fruit that grows in the Amazon Rainforest. Acai is a berry with one of the highest ORAC values of any edible berry in the world!\*

#### Goji Berries

Goji or Lycium is also known as the longevity fruit that has a wide range of anti-aging health effects ranging from energy enhancement to cardiovascular protection.\*

#### Camu camu (fruit)

Camu camu is a small, round, shiny red to dark purple fruit having a juicy acidic sweet pulp that is traditionally used to support the immune system and help maintain optimal health, especially under conditions of stress.\* Camu camu helps to promote healthy gums, eyes and skin and supports the functions of the nervous system and circulatory system.\*

#### Mangosteen

Mangosteen (*Garcinia mangostana*) naturally contains a high ORAC value (over 5,000 units per oz of juice) and contains antioxidant compounds that support the immune system, and histamine management.\* Our extract contains 10% mangostin. Mangostin is a xanthone flavonoid with potent antioxidant benefits, which research suggests may help neutralize cell damage by free radicals to support optimal cell function.\*

#### Supplement Facts

**Serving Size: 1 Scoop (10.95 g)**

#### Amount Per Serving

Calories	40
Calories from Fat	1
Total Fat	0.5 g
Total Carbohydrates	9 g
Sugars	4 g
Fiber	3 g
Protein	1 g
Vitamin A	31 IU
Vitamin C	2.95 mg
Folic Acid	400 mcg
Calcium	14 mg
Iron	0.687 mg
Sodium	50 mg
Proprietary Fruit Powder Blend	4900 mg
Containing: Blueberry, Blackberry, Black Cherries, Black Raspberries, Black Currants, Plums, Elderberries, Bilberries, Figs, and Raisins	
Soluble Fiber (Fibersol-2™ brand)	2000 mg
Proprietary Vegetable Powder Blend	1250 mg
Containing: Eggplant, Purple Carrots, Purple Cabbage, and Beets	
Acai Fruit Powder	400 mg
Camu camu Fruit Powder	300 mg
Mangosteen ( <i>Garcinia mangostana</i> ) Fruit Rind Extract	300 mg
Yields: Mangostin	30 mg
Goji (Wolfberry / <i>Lycium barbarum</i> ) Berry Powder	200 mg
Proprietary "Brain Blend"	100 mg
Containing: Phosphatidylserine, Inositol, L-Carnosine and Alpha GPC	
P40p™ Pomegranate Extract	40 mg
Yields: Punicosides	16 mg
Stevia Leaf Extract	35 mg

Other Ingredients: raspberry, strawberry, cherry, vanilla and spearmint flavors, banana powder, citric acid.

**Contains: Soy.**

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**WARNING:** This product contains lead, a chemical known to the State of California to cause birth defects and other reproductive harm.

**Suggested Use:** As a dietary supplement, mix one (10.95 g) scoop, daily, in 6-8 oz. of cold water or juice, or as directed by your healthcare practitioner.

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Distributed by  
New England Family Health Center  
Weston, MA 02493  
781-237-8505  
www.drbarrytaylor.com

02GP976.030

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