

What's in your *BetaBoost* sachet

Beta Boost contains phytonutrient fine powders of Beetroot, Carrot, Spinach, Broccoli sprouts, Asparagus, Hawthorne berry, Ginger, Blueberry, Blackcurrant, Guava, Rosehips, Raspberry, Sea-buckthorn, Pomegranate, Acai, and Bilberry fortified with extra nutrients, including essential vitamins and herbal extracts.

Add to:

***smoothies *cereals *icecream *desserts**

At the time of manufacture each 3g (1 tsp) of powder in this sachet also contained not less than:
Per 3g serve

Red Onion powder		10mg
Kelp powder		10mg
Garlic extract		3.7mg
Turmeric		3.0mg
Grape seed extract		1.8mg
Green tea extract		9.3mg
Pine-bark extract		0.9mg
Ascorbic-acid powder	(vitamin C)	64.5mg
Lemon bioflavonoids	(vitamin P)	36.9mg
Calcium ascorbate	(vitamin C)	64.5mg
Quercetin		1.5mg
Mixed tocopherols	(vitamin E)	5.0mg
Lipoic acid		2.8mg
L-glutathione		1.8mg
Lycopene		1.0mg
Co-enzyme Q10		0.4mg
Zinc	(as monomethionine)	3.0mg
Selenium	(as selenomethionine)	35mcg
Beta-carotene	(pro-Vitamin A)	250mcg
Thiamine hydrochloride	(vitamin B1)	0.6mg
Riboflavin	(vitamin B2)	0.9mg
Nicotinic acid	(vitamin B3)	5.0mg
Calcium pantothenate	(vitamin B5)	2.5mg
Pyridoxine hydrochloride	(vitamin B6)	0.8mg
Cyanocobalamin	(vitamin B12)	12.5mcg
Folic acid	(vitamin B-complex)	100mcg
Cholecalciferol	(vitamin D3)	5mcg
Biotin	(vitamin H)	15mcg

in a base of organic freeze-dried goji berry.

Beta Boost contains nutrients which assist the body in quenching free-radical activity, the cause of tissue damage and inflammation. *Beta Boost* has an ORAC (oxygen absorbance radical capacity) score that exceeds 293,000 umol/kg TE.



Freeze-dried powders of whole *superfoods* & *herbal* extracts to tingle your taste buds

ESSENTIAL VITAMINS

Vitamins are essential micro-nutrients found naturally in certain foods which the body needs for the normal functioning of human metabolism, such as linking up organic molecules (amino acids) to make insulin, a protein that controls the sugar level in the blood.

Vitamins which the body cannot make are "essential" vitamins. They include thiamine, riboflavin, pyroxidine, pantothenic acid and vitamin B12 (members of the B group) along with

SUGGESTED USE:

Take 1-2 tsp daily of *Beta Boost* in water, juice, smoothies, and with cereals, salads, desserts, etc.



**Available in
350g from
your retailer**

ESSENTIAL VITAMINS

(from previous page)

calcium ascorbate (C), tocopherols (E), and biotin (H). Specifically . . .

Beta carotene (pro-vitamin A) is needed for normal night vision, for the growth and health of skin and hair, for building up the immune system, for the maintenance of the digestive, respiratory and urinary systems, and for strong teeth and bones.

Niacin (B3) is needed to release energy from carbs and to oxidise fats, for healthy nervous and digestive systems, production of sex hormones, and for normal functioning of the brain.

Vitamin B12 is needed for protein metabolism and energy, oxygen transport, for making genetic material (DNA and RNA) and for the functioning of a healthy immune system.

Thiamine (B1) is needed to break down carbohydrates for both energy production and for conversion into fat, and for the functioning and repair of the central nervous system.

Riboflavin (B2) is needed for the synthesis of amino acids and fatty acids, and in energy production. It helps maintain healthy mucous membranes in the mouth, nose and throat, and acts on the glands that produce adrenalin.

Ascorbic acid (C) mops up excess free-radicals that would otherwise damage cells. It is needed to absorb iron from food, to keep the skin, gums and immune and cardiovascular systems healthy, and in the healing of wounds. Smokers need twice as much of this vitamin in their diet as non-smokers.

Tocopherols (E) are antioxidants, preventing cancer or assisting the body to better deal with it. Vitamin E offers essential protection for cell membranes, and can retard the ageing process.

Pyridoxine (B6) is needed for a healthy central nervous system, and for protein metabolism. It keeps the digestive system healthy, helps maintain healthy skin and make red blood cells, and has an important action in balancing sex hormones, e.g. in the menstrual cycle.

Folate (B complex) enables release of energy from food and fine-tuning of the immune system.

Pantothenic acid (B5) is needed to control stress, and for energy production, fat metabolism and healthy skin and hair. Caffeine and alcohol increase the requirement for this vitamin.



Rainbows are not just found in the sky – nature puts rainbow colours in our foods. And at the end of the food rainbow is the antioxidant pot of gold.

Each colour contains its own set of unique disease-fighting chemicals called phytochemicals. It is the phytochemicals which give fruits and vegetables their vibrant colour and some of their healthy properties.

In *BetaBoost*, as in nature, fruits and vegetables come in five colour categories: red, purple/blue, orange, green and white/brown.

RED

● Red fruits and vegetables are coloured by a natural plant pigment called lycopene. Lycopene is a powerful antioxidant that can help reduce the risk of cancer and keeps our heart healthy.

PURPLE /BLUE

● Plant pigments called anthocyanins are the natural chemicals that provides the blue/purple fruits and vegetables with their distinctive colour. Anthocyanin also has antioxidant properties that protect cells from damage and can help reduce the risk of cancer, stroke and heart disease.

ORANGE/YELLOW

● Carotenoids give this group their vibrant colour. A well-known carotenoid called beta-carotene is found in carrots, pumpkin and sweet potatoes. It is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes. Another carotenoid called lutein is stored in the eye and has been found to prevent cataracts and age-related macular degeneration, which may lead to blindness.

GREEN

● Green vegetables contain a range of phytochemicals including some which have anti-cancer properties. Leafy greens such as spinach and broccoli are also excellent sources of natural folate.

BROWN/WHITE

● White fruits and vegetables contain a range of health-promoting phytochemicals such as alliin, which is found in garlic, and is known for its antiviral and anti-bacterial properties.

Which colour haven't you eaten today? Top up your daily antioxidant quota with a teaspoon or two of tasty *BetaBoost*.

