

The Benefits of Brightly Colored Fruits & Vegetables.

Often the brilliant colours of fruits and vegetables are indicative of their healthy nature.

- **Fruits rich in the colours blue and purple, found in blueberries and grapes, for example, have been touted for their heart protective benefits and as an aid to slow cognitive decline.**
- **Orange, yellow and red colours found in carrots, mangoes and tomatoes are made by carotenoids, which are potent fat-soluble antioxidants with a myriad of health benefits like the maintenance of good vision and a healthy immune system.**
- **Green vegetables are also profoundly rich in important antioxidants, and the B-Vitamin folate which helps reduce the risk of birth defects.**

We are constantly learning more about the health benefits of phyto-nutrients, or super foods, and how important it is to eat a “rainbow” of fruit and veggie colours. JuiceFestiv® is full of organic produce featuring these valued fruit and veggie colours - blue, purple, yellow, orange, red and green.†

Nutrients equivalent to over 46 CUPS of Fruits & Vegetables.

Each daily serving of JuiceFestiv® contains the nutritional profile equivalent to the following servings of fruits and vegetables:

- **Beta Carotene** = ½ Cup Carrots + 1 Mango
- **Vitamin C** = 1½ Apples + ½ Cup Oranges + ⅓ Cup Strawberries
- **Vitamin B6** = 9½ Cups Broccoli + 8 Bell peppers + 8 Tomatoes
- **Vitamin E** = 8 Cups Spinach + 2½ Cups Sweet Potatoes + 5 Cups Mangoes + 5 Cups Papayas
- **Folic Acid** = 4 Cups Brussel Sprouts + 4 Cups Spinach + 6 Cups Oat Bran + 4 Oranges

*USDA National Nutrient Database for Standard Reference, Release 20. Equivalence based on standard medium, uncooked servings.



A Rich source of Digestive Ezymes.

It is well known that fruits and veggies contain natural enzymes that aid in their assimilation in the body. However, cooking often destroys these digestive enzymes. That is why JuiceFestiv® is fortified with a full spectrum of digestive enzymes. These include enzymes that help break down the constituents in fruits and vegetables, such as fiber, starch and other carbohydrates. When you supplement with JuiceFestiv®, you can feel confident that you are also getting an effective digestive aid.†

Includes Probiotic Acidophilus, Good for Your Digestion.

Many recent reports tout the health benefits of probiotic acidophilus, such as the live cultures found in yogurt. It is well known that the intestinal micro flora assists in the body's assimilation of nutrients and digestion. In fact, your body needs probiotics in order to survive. JuiceFestiv® contains 300 million live cultures, at the time of manufacture, to support good health.†

The Importance of Organic Produce.

Organic fruits and vegetables are now more popular than ever before. This is because organic produce is grown without using genetic modifications or conventional chemical pesticides.

Better still, organic produce may actually be more beneficial for us than non-organic foods. A recently published study² compared the total antioxidant activity of organic versus conventional fruits and vegetables. The researchers observed that most organic foods had significantly higher ORAC values (oxygen radical absorbance capacity) than conventional foods. The study authors strongly encourage an increased consumption of organic foods.†

All of the fruits and vegetables in JuiceFestiv® are organic, ensuring that you are getting a quality product.

JuiceFestiv® - Good for Your Health AND Your Budget!

Natrol understands the importance of fruit and vegetable intake, and the challenges associated with consuming enough on a daily basis.

Each JuiceFestiv® box contains one bottle of FruitFestiv® and one bottle of VeggieFestiv®. The suggested daily use is two FruitFestiv® capsules and two VeggieFestiv® capsules, with meals.

Dietitians recommend 5-9 servings of fruit & vegetables daily.



But 70% of us do not eat enough vital fruits and veggies to meet this requirement!

Are you Getting Enough Fruits & Veggies?

If not, consider supplementing with Natrol JuiceFestiv®.

- Made with organic fruits and vegetables
- Boosts energy & Well-Being†
- Includes 46 Fruits and Vegetables, including Spirulina, Wheatgrass & Barley Grass
- Includes Antioxidants, Probiotic Acidophilus & Digestive Enzymes
- Super Fruits: Pomegranate, Mangosteen, Noni & Acai
- Super Veggies: Broccoli, Brussel Sprouts & Cabbage
- Also with SelenoExcell®[®], a Clinically Tested Form of the Antioxidant Selenium†
- Convenient, Easy-to-swallow Capsules

NATROL®

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- [1] Blanck HM, Gillespie C, Kimmons JE, Seymour JD, Serdula MK. Trends in fruit and vegetable consumption among U.S. men and women, 1994-2005. *Prev Chronic Dis* 2008; 5(2).
- [2] Di Renzo L, Di Pierro D, Bigioni M, et al. Is antioxidant plasma status in humans a consequence of the antioxidant food content influence? *Eur Rev Med Pharmacol Sci*. 2007; 11(3):185-92.

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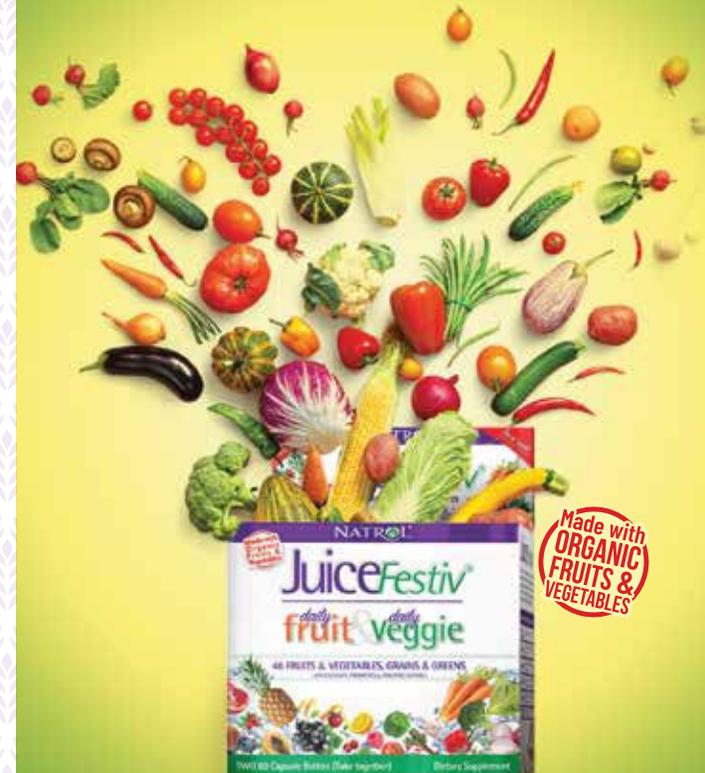


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The Ultimate Fruit and Veggie Super Food: A simpler way to meet your required daily servings.



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