RawBurst™ delivers a full rainbow of the most beneficial phytochemicals and antioxidants proven to promote health and longevity: flavonoids, polyphenols, anthocyanins, catechins, quercetin, salicylic acid, chlorogenic acid, ellagic acid, lycopene, lutein and many others.

- Contains RAW Foods – Low Temperature Dried Fruits and Berries
- Contains WHOLE Foods – Includes Fiber (Seeds, Peel, and Pulp)
- USDA Certified Organic
- 140% Daily Vitamin C

RawBurst™ is a proprietary blend of 10 certified organic fruits and berries carefully dried to retain their full spectrum of raw, living nutrients.

The Fruits and Berries Found in RawBurst™:

- Provide an extraordinary array of powerful antioxidants*
- Neutralize free radicals and decrease oxidative stress*
- Naturally fuel energy, strength and stamina*
- Support proper digestive function*
- Help increase insulin production to regulate blood sugar*
- May help prevent the formation of new fat cells*
- Help prevent the oxidation of cholesterol in the blood*
- Support and protect cardiovascular function*
- Deliver powerful anti-inflammatory nutrients*
- Promote the production of collagen vital for beautiful skin*
- Help protect the skin and eyes against sun damage and oxidative stress*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Better Than Juice… It’s Whole Food!™

RawBurst™ is NOT another watered-down juice product devoid of nutrition. The vast majority of juices on the market being hyped for their health benefits are actually watered-down, heat-destroyed juices pressed from the rejects of non-organic farms. Not only are these fruits grown with the use of pesticides, herbicides and fungicides; they are typically the lower quality fruits that do not qualify for the fresh produce market.

In other words, the majority of juices on the market no longer come close to the incredible health benefits found in nature as advertised by the manufacturers. Even worse, they often have added sugars, artificial colors and artificial flavors. Is this what you want in your body or your children’s bodies?

RawBurst™ is 100% certified organic, raw, whole fruit and berries including the original peels, seeds and pulp. The 10 fruits and berries found in RawBurst™ are some of the most nutritionally-rich foods ever discovered.

Research shows that the powerful health benefits of berries work synergistically and are far more effective when a full spectrum of fruits and berries is consumed, rather than single berries or isolated compounds.

The peels (outer skins) of fruits and berries are where you will find the majority of antioxidants. This is their protection against oxidative damage as a result of sun exposure.

The peels, seeds and pulp are also the major source of fiber found in fresh fruits and berries. The Mayo Clinic recommends fiber-rich foods for dieters because they take more time to digest and provide bulk, thus helping to keep hunger under control.

The pigments that give berries their beautiful blue and red hues are also good for your health. Blue fruits such as the highly-esteemed maqui berries, blueberries and black currants achieve their wonderful deep blue and purple colors from Anthocyanins. Red fruits such as goji berries, strawberries and red raspberries contain the phytochemical lycopene that gives them their red color.

It has been found that these vitally important heat and light sensitive pigments can easily be destroyed during processing of fruits and vegetables. This is another key example of why the high-heat pasteurized juices represent a tragic loss in benefits to your health.

**Sample List of Phytonutrients Found in RawBurst™:**

<table>
<thead>
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<th>Anthocyanins</th>
<th>Cyanidins</th>
<th>Ferulic Acids</th>
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Maqui Berries

Deep in the forest in the Patagonia region in Chile, there is a sacred berry used by the Mapuche warriors. Maqui Berries are revered by the Mapuche Indians as a symbol of strength, health and vitality, and are believed to have mystical healing powers by the natives.

The amazing maqui berry thrives in a harsh climate where few would survive. These berries are jam-packed with antioxidants that protect the berries from sun irradiation, diseases, and biological enemies.

Maqui berries contain the highest ORAC (Oxygen Radical Absorption Capacity) value of any known berry in the world and are a rich source of Vitamin A, Vitamin C, Calcium, Iron, Potassium and Anthocyanins.

Maqui berries are extraordinarily rich in anthocyanins. Anthocyanins are the purple pigments that give maqui berries, blueberries and others their beautiful color and exceptionally high antioxidant activity. Specifically, maqui berries contain unusually high levels of anthocyanins called delphinidins. The delphinidins demonstrate potent anti-inflammatory activity. Inflammation is part of virtually every degenerative disease, from cardiovascular disease to diabetes to arthritis. Any illness that ends with “itis” is an inflammatory disease. The anthocyanins found in maqui and other berries exhibit powerful anti-inflammatory activity.

The antioxidant compounds in maqui berry also help to prevent the oxidation of cholesterol in the blood. Oxidation of cholesterol is a factor in the development of cardiovascular disease, including heart attack, stroke and hardening of the arteries. Regular daily intake of maqui berries or the berry juice is a smart investment in better cardiovascular function.

According to Chris Kilham, a professor of ethnobotany at the University of Massachusetts Amherst, maqui berry may aid fat loss by helping support optimal blood glucose levels.

"Interestingly, intake of maqui berries or their juice causes a significant increase of insulin in the body," says Kilham. "In fact, maqui appears to do this better than any other known plant. What does this mean? Consuming maqui berries or their juice with or after meals can help to suppress blood glucose, thereby evening out energy and preventing the formation of new fat cells. As a result, maqui may prove to be a beneficial aid in weight control."

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Blueberries

Blueberries have long been known as a superfood for their incredible antioxidant capability. This means they are powerful free-radical destroyers. Free-radical damage can contribute to the development of heart disease, cancer, macular degeneration and cognitive decline.

Blueberries are another great source of anthocyanins. Blueberries offer 38 percent more anthocyanins than red wine (well known for its cardio-protective benefits).

Antioxidants and phytonutrients protect the heart by helping to prevent LDL (bad) cholesterol from oxidizing and forming hard plaque on artery walls as well as supporting the integrity of the vascular system.

Recent studies have shown that daily blueberry intake can also result in increased eNOS (endogenous nitric oxide) activity, and this result is viewed as helping to explain some of the unique health benefits of blueberries for the cardiovascular system.

In both men and women, and in study participants of many different ages, routine blueberry intake has been shown to support healthy blood pressure. In individuals with high blood pressure, blueberry intake has significantly reduced both systolic and diastolic blood pressures. In individuals with healthy blood pressure, blueberry intake has been shown to help maintain these healthy pressures.

Phenolic compounds found in blue/purple vegetables and fruits like blueberries inhibit the rapid growth of cancer cells and work to destroy cancer cells in the colon. Blueberries also contain a flavonoid phytonutrient called kaempferol.

Harvard University scientists analyzed 66,000 women's diets. Those who ate the most kaempferol-rich foods had a 38% lower ovarian cancer risk than women who ate the least.

Blueberry-rich diets also dramatically improve motor skills and the learning capacity of older animals in research studies. Because blueberries are rich in antioxidants, they offer protection of brain cells from oxidative stress, which can exacerbate the effects of age-related cognitive decline.

After many years of research on blueberry antioxidants and their potential benefits for the nervous system and for brain health, there is exciting new evidence that blueberries can improve memory. In a study involving older adults (with an average age of 76 years), 12 weeks of daily blueberry consumption was enough to improve scores on two different tests of cognitive function including memory.

The authors of this study were encouraged by the results and suggested that blueberries might turn out to be beneficial not only for improvement of memory, but for slowing down or postponing the onset of other cognitive problems frequently associated with aging.

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Blueberries are rich in dietary fiber (both soluble and insoluble) that may help alleviate constipation and aid in digestive health. They contain tannins, which help "cleanse" the colon (tannins have an astringent effect), and, like cranberries, blueberries help fight against the bacteria that causes most urinary tract infections (UTI's).

Research on blood sugar balance and blueberry intake has been conducted on individuals who have been diagnosed with type 2 diabetes, metabolic syndrome, or insulin resistance, and the results of this research have been consistent. They have shown that blueberries (along with other berries) have a favorable impact on blood sugar regulation in persons already diagnosed with blood sugar problems.

Blueberries are also an excellent source of manganese. Manganese plays an important role in bone development and in converting the proteins, carbohydrates and fats in food into energy.

**Goji Berries**

Goji berries are one of the best sources of carotenoid antioxidants, even more than carrots.

This is important since research has indicated that the carotenoid content of human tissue is a statistically significant factor in determining our maximum lifespan potential.

This means the more carotenoids we consume, the better the possibility we may live a longer life.

According to Alex Malinsky (aka “RawGuru”), “The treasure of the goji berry is its medley of antioxidants, 21 trace minerals, beta-carotene (more than carrots), vitamins such as C (higher than oranges) and B1, B2 and B6; Goji berries power the immune system by helping it to withstand strain and exertion, and they may slow the effects of aging, defend the liver, assist in vision health and improvement, and build the circulatory and cardiovascular systems.”

Goji berries contain two very important nutrients for eye health: zeaxanthin and lutein. A diet with increased levels of zeaxanthin and lutein has proven helpful in decreasing the risk of developing age-related macular degeneration, the leading cause of blindness and loss of vision in people above the age of 65.

Goji berries have also been found to help boost the immune system. There are three main components in the goji berry that do this: polysaccharides, beta-carotene and germanium. Polysaccharides are well known for their immune-boosting properties, while beta-carotene seems to boost interferon’s stimulation on the immune system. Germanium, which has been found to be effective in treating certain types of cancer, is also critical in boosting interferon levels.

Goji berries also contain sesquiterpenoids which have anti-inflammatory properties. The sesquiterpenoids contained in goji berries are found to be a powerful secretagogue. A secretagogue stimulates the secretion of the human growth hormone by the pituitary gland.

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In Asia, goji berries are known as a strong sexual tonic. They support testosterone levels, which stimulates libido in both men and women. Furthermore, they improve overall stamina, mood and wellbeing, all of which are vital for an optimum sex life.

Goji berries are also rich in unique compounds known as lycium barbarum polysaccharides. These nutrients have been shown to enhance immunity and have a similar chemical structure to immune-stimulating compounds within maitake mushrooms and echinacea. These polysaccharides provide immune cells with special sugars that enable them to communicate more effectively. These polysaccharides are also one of the preferred fuel sources of good intestinal bacteria. These bacteria help to orchestrate a healthy immune response as well.

These polysaccharides are very effective at enhancing detoxification within the body. They aid in the removal of metabolic waste products such as lactic acid that accumulates in muscles during exertion. They also support the liver and protect it from damage that may occur during intense periods of exercise.

Perhaps the most exciting thing yet discovered about goji berries is their ability to support Superoxide Dismutase (SOD) levels in the body. Raising SOD activity has been proven to help prevent damage to the skin, eye, pancreas, and other organs and tissues, and to reduce pain and inflammation in arthritis. Higher SOD levels over a period of years should have an enormous impact on health, energy and longevity.

**Black Currants**

Black currants are very rich in many phytonutrients, antioxidants, vitamins, essential fatty acids and minerals.

In particular, black currants are renowned for their high content in Vitamin C (a powerful antioxidant), GLA (Gamma-Linoleic Acid, a very rare Omega-6 essential fatty acid) and potassium. They have been shown to have twice the potassium of bananas, four times the vitamin C of oranges, and twice the antioxidants of blueberries.

Black currants also contain anthocyanins. Anthocyanins inhibit the enzymes cyclo-oxygenase 1 and 2, and help reduce inflammation and the effects of arthritis in the body. The effect is similar to aspirin or ibuprofen, and is considered by many an effective natural alternative.

The fruit juice of black currant contains proanthocyanidins, anthocyanins and a polysaccharide-rich substance called cassis polysaccharide (CAPS). CAPS was found to consist of mannose, galactose, xylose, rhamnose, xylose, arabinose and glucose. This substance has been proven to be very toxic against tumor cells which has prompted additional studies to determine the anti-cancer properties of black currants.

In addition, black currant seed oil contains 47% linoleic, 14% alpha-linolenic, 12% gamma-linolenic, and 2.7% stearidonic acids. Of these, gamma-linoleic is rarely found in any other natural resource, and both alpha and gamma-linoleic are essential fatty acids.

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Pomegranate

According to Dr. Thomas Behrenbeck of the Mayo Clinic, preliminary evidence shows that cholesterol levels may be reduced through the consumption of pomegranate fruit or its juice.

Dr. Behrenbeck credits this to pomegranate’s unique combination of polyphenols which appear to lower LDL or "bad" cholesterol in the blood which ultimately benefits the heart.

More recent research has found that eight ounces of pomegranate juice daily for three months improved the amount of oxygen getting to the heart muscle of patients with coronary heart disease (American Journal of the College of Cardiology, Sept. 2005). Other researchers report that long-term consumption of pomegranate juice may help combat erectile dysfunction (Journal of Urology, July 2005).

In addition, pomegranate juice, like aspirin, may help keep blood platelets from forming unwanted clots.

Laboratory research studies suggest that pomegranate juice may help induce apoptosis of human breast, prostate and colon cancer cells by activating genes and enzymes that regulate apoptosis.

According to Hasan Mukhtar of the Cancer Chemoprevention Program at the University of Wisconsin, drinking pomegranate juice slows the growth of lung cancer in mice. Mukhtar credits this to pomegranate’s natural anti-inflammatory properties which are due to its high antioxidant content. He believes that eating pomegranates in combination with other fruits and vegetables is the key to slowing the development of cancer including lung cancer.

According to encouraging preliminary studies, drinking pomegranate juice may support breast health. A 2009 study by the Breast Cancer Research Program at City of Hope in Duarte, CA showed evidence that the phytochemicals found in pomegranate seeds have a suppressive effect on estrogen production; thus, it may help prevent the growth of breast cancer cells. More studies involving humans are needed, however.

The July 2006 "Clinical Cancer Research" journal reported the findings of the first clinical trial using pomegranate juice on men with prostate cancer. It showed significant prolongation of the prostate-specific antigen, or PSA, in the men drinking pomegranate juice, thereby indicating slower disease progression. In mice, treatment with pomegranate extract delayed the development of tumors and improved survival (Proceedings of the National Academy of Sciences, Sept. 26, 2005).

Pomegranates have also been found to have a significant impact on inflammation. Not only does pomegranate juice contain potent phenolic antioxidants like other brightly-colored fruits; the juice also contains unique complex sugars that are anti-inflammatory on their own.

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Acerola Cherries

Acerola cherries are considered by many the absolute best source of “Real Vitamin C” among all other fruits and berries in the world.

While synthetic vitamin C supplements only contain Ascorbic Acid, REAL Vitamin C complex contains the following components in addition to Ascorbic Acid: Rutin, Bioflavonoids, Factor K, Factor J, Factor P, Tyrosinase and Ascorbinogen.

Vitamin C promotes the production of collagen vital for beautiful skin, helps maintain healthy gums and capillaries, and strengthens the respiratory system. It also promotes iron absorption and a healthy immune system. Vitamin C also has balancing effects on the blood fat level and intraocular pressure. Its proper amount in brain cells is said to be important for the prevention of Parkinson’s disease. Vitamin C in Acerola also helps break down mucus and works as a natural antihistamine.

Other components that can be found in Acerola are magnesium, potassium, phosphorous, calcium, niacin, vitamin A, iron, zinc, vitamins B1 and B2, proteins, lipids, fatty acids and fiber.

Acerola cherries are extremely helpful in protecting the blood vessels and increasing capillary function, protecting skin and organs from premature aging, promoting healthy teeth and gums and may help relieve stress and chronic fatigue.

Red Raspberries

Red raspberries represent another naturally rich source of anthocyanins, the pigment that gives the raspberry its beautiful red color.

Anthocyanins may reduce the risk factors for cardiovascular disease, according to a study in the April 2008 issue of the "Journal of Nutrition." In the study, rats that were fed a diet of foods rich in anthocyanins for a period of eight weeks showed resistance to heart damage and inflammation. Researchers concluded that anthocyanins, such as those in red raspberries, contribute to heart health.

The same anthocyanins that may have cardioprotective effects also work to help you keep your eyes healthy. Researchers at the Atlantic Food and Horticulture Research Centre in Canada reported that the retina in the eye has the highest metabolic rate of any tissue in the body, which makes it more susceptible to damage. The results of their study, published in the April 14, 2010 issue of the "Journal of Agricultural and Food Chemistry," state that anthocyanins protect the eye tissue from oxidative or stress-induced cell death.

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Red raspberries are perhaps best known for a compound called ellagic acid. The May 25, 2010 issue of "Cancer Prevention Research" reports on a study in which ellagic acid was found to suppress the development and growth of breast cancer tumors. Ellagic acid also fights other cancers and is shown to absorb readily into the body's cells, according to a report from the Medical University of South Carolina, published in the September 2006 issue of the "Journal of Pharmacy and Pharmacology."

According to a report from the Washington Red Raspberry Commission, ellagic acid, along with other red raspberry compounds, make insulin action more effective by lowering the body's insulin resistance and overall blood sugar levels. The sugar substitute, xylitol, is also extracted from red raspberries.

Raspberries possess almost 50% higher antioxidant activity than strawberries, 3 times that of kiwis, and 10 times the antioxidant activity of tomatoes, shows research conducted in the Netherlands and published in the journal BioFactors.

### Cranberries

While familiar nutrients like vitamin C and fiber play a very important role in the cranberry's health benefits, it's the broad spectrum of phytonutrients in cranberries that has received the most attention from researchers. First is the amazing array of antioxidants that are found exclusively in whole cranberries. Cranberry's special combination of phenolic, proanthocyanidin, anthocyanin, flavonoid, and triterpenoid antioxidants is without a doubt unique. Also unique is the particular combination of three antioxidant nutrients - resveratrol, piceatannol and pterostilbene - found in cranberry.

Second are the research findings regarding the synergy between these nutrients. The phytonutrients in cranberry provide maximal antioxidant benefits only when consumed in combination with each other as a whole food. When cranberry processing disrupts this antioxidant balance, health benefits from cranberry are decreased. Multiple studies point to this same conclusion. It’s the overall blend of cranberry antioxidants that provides us with the strongest health benefits.

Long before researchers started investigating from the standpoint of science, cranberry has been used to help prevent and treat urinary tract infections (UTIs). Science has confirmed that this benefit is related to its proanthocyanidin (PAC) content. The PACs in cranberry have a special structure (called A-type linkages) that makes it more difficult for certain types of bacteria to latch on to our urinary tract linings. The area where benefits have been most pronounced are in middle-aged women who have experienced recurrent UTIs.

Similarly, cranberry juice has been shown to inhibit the adhesion of H. pylori to human gastric mucus in vitro. These preliminary results suggest that cranberry may be beneficial in the prevention of peptic ulcers through the inhibition of H. pylori adhesion to gastric mucus and stomach epithelium.

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Recent research has also shown that cranberry may be able to help optimize the balance of bacteria in our digestive tract. Participants in one recent study involving cranberry juice intake (in amounts of approximately 2 ounces per day and over the course of about 3 months) were able to increase the numbers of beneficial bifidobacteria in their digestive tract while maintaining balance among other bacterial types.

In animal studies, the antioxidant benefits of cranberries have been clearly associated with decreased risk of high blood pressure. By reducing oxidative stress inside the blood vessels, cranberry extracts consumed by rats and mice have helped prevent excess constriction of the blood vessels and unwanted increases in blood pressure.

A final area of cardiovascular support provided by cranberry is its ability to help lower LDL-cholesterol and total cholesterol, while simultaneously helping to increase levels of HDL-cholesterol. Flavonoids have been shown to function as potent antioxidants both in vitro and in vivo and may reduce the risk of atherosclerosis. Cranberries contain significant amounts of flavonoids and polyphenolic compounds that have been demonstrated to inhibit low density lipoprotein oxidation. Ongoing research continues to suggest that cranberries may offer a natural defense against atherosclerosis.

Scientists continue to identify new mechanisms that establish cranberries as anti-cancer agents. These mechanisms are now known to include: blocked expression of MMPs (matrix metalloproteinases); inhibition of ODC (ornithine decarboxylase enzymes); stimulation of QRs (quinone reductase enzymes); inhibition of CYP2C9s (Phase I detoxification enzymes); and triggering of apoptosis (programmed cell death) in tumor cells.

In 1996, laboratory studies conducted by University of Illinois scientists and published in Planta Medica demonstrated the potential anticarcinogenic properties of cranberries. More recently, researchers at the University of Western Ontario demonstrated in animal models that human breast cancer cells showed significantly lower incidence of tumor development when the experimental group’s diet was supplemented with cranberries. Although these results are very preliminary, compounds in cranberries may prove to be a potent cancer fighter.

**Strawberries**

Many of the phytonutrients present in strawberries function not only as antioxidants, but also as anti-inflammatory nutrients.

Given their amazing combination of phytonutrients including anthocyanins, ellagitannins, flavonols, terpenoids and phenolic acids, it’s not surprising to find increasing research interest in the anti-inflammatory properties of strawberries.

Recent research has shown that several blood markers for chronic, unwanted inflammation like C-reactive protein (CRP) can be improved by regular intake of strawberries. Interestingly, in one large-scale study, consumption of strawberries did not show anti-inflammatory benefits until strawberries were consumed at least 3 times per week.

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Improved blood sugar regulation has been a longstanding area of interest in research on strawberries and health. In fact, scientists discovered a fascinating relationship between consumption of strawberries with table sugar. Surprisingly, blood sugar levels did not spike when the table sugar was consumed simultaneously with strawberries.

These health science researchers have further speculated that polyphenols in strawberries played a major role in helping regulate blood sugar response. This finding is great news for healthy persons wanting to maintain healthy blood sugar levels, and also for persons with type 2 diabetes who enjoy fresh strawberries and want to enjoy them on a regular basis.

Decreased oxidation of fats (lipid peroxidation) in the cell membranes of cells that line our blood vessels; decreased levels of circulating fats, including total cholesterol and LDL cholesterol; and decreased activity of angiotensin I-converting enzyme (ACE), an enzyme whose overactivity increases our risk of high blood pressure, are results that have all been documented following daily intake of strawberries over a 1-3 month period of time.

While the anti-cancer properties of strawberries have yet to be fully understood, their ability to lower risk for some forms of cancer may be related to their ability to boost the activity of antioxidant enzymes like catalase or superoxide dismutase (SOD), their ability to lessen the activity of pro-inflammatory enzymes like cyclo-oxygenase 2 (COX-2), or their ability to lessen expression of the enzyme inducible nitric oxide synthase (iNOS).

Improvement of inflammatory bowel problems including ulcerative colitis and Crohn’s disease has also been demonstrated in preliminary studies on animals with daily strawberry extract or strawberry powder intake.

Several preliminary studies on intake of strawberries on aged animals have shown enhanced cognitive function following ingestion of a diet with 2% of the calories provided by strawberry extracts. Enhanced motor function has also been shown in these strawberry extract studies.

The vitamin C in strawberries helps your body absorb iron from other foods such as meats and vegetables. Drinking a glass of strawberry juice will help raise your vitamin and iron levels, which might help prevent anemia, according to the National Heart Lung and Blood Institute. One treatment for the underlying cause of anemia is changing your diet to include more vitamin C and zinc with other vitamin supplements.

**Apples**

Jam-packed full of nutrients, the apple contains rich sources of vitamin C, dietary fiber, beta-carotene, flavonoids, phytosterols, antioxidants, and a wide range of vitamins, minerals and amino acids - all ingredients the body needs for healing.

Surprisingly, the apple has been extensively researched and is known to produce a wide array of health benefits. Studies show that the soluble fiber (pectin) in the apple promotes digestive health, counteracts the negative effects of radiation therapy, prevents gallstones, and rids the body of toxins.

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In addition, pectin slows the absorption of food which is beneficial for people with diabetes, hypoglycemia and obesity.

In several large epidemiological studies conducted in Europe, consuming two apples a week was found to prevent and promote the healing of asthma, type 2 diabetes and inflammation.

Furthermore, research conducted by the University of Wisconsin showed that the nutrients in an apple peel could prohibit abnormal cell growth, various cancers and metastasis (the spreading of cancer throughout the body).

Three large-scale human studies have confirmed a decreased risk of lung cancer with increase consumption of apples, due to their quercetin (polyphenol) content. One study from Hawaii showed a 40-50% decreased risk of lung cancer in people with the highest intake of flavonoids specifically from apples and onions.

French researchers found that phloridzin, a flavanoid found ONLY in apples, may help protect against osteoporosis and help increase bone density.

Research at Cornell University found that the quercetin in apples may protect brain cells from the free radical damage linked to Alzheimer's disease.

In a Brazilian weight loss study, women who ate three apples a day lost significantly more weight while dieting than those who didn't.

Apples have also been shown to promote oral health and healthy skin.

The apple itself is small, but the benefit of consuming just one apple daily provides vast health benefits ranging from glowing, radiant, skin to the possibility of cancer prevention.

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**Supplement Facts**

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*Percent Daily Values are based on a 2,000 calorie diet. 1 Daily Value not established.

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