

NATURE'S MOST ANTI OXIDANTS



NUTRA-LIFE
HEALTH & FITNESS

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'5 A DAY FOR HEALTH'. A SIMPLE MESSAGE ENCOURAGING PEOPLE TO EAT MORE FRUITS AND VEGETABLES.

Every step taken towards eating more fruits and vegetables helps you and your family be at their best and may reduce your family's risk of many diseases. But did you know it is best to eat these fruits and vegetables from a wide variety of rainbow colours?

Research confirms the benefits of consuming antioxidant rich compounds and phytonutrients found in fruit and vegetables. These contribute to the rainbow of colours in plant foods with each providing different health benefits. It is important to consume a wide range of fruits and vegetables to get the maximum benefit from these special super foods.

How are antioxidants and phytonutrients measured?

Oxygen Radical Absorbance Capacity (ORAC), is an international standard measure, to show the antioxidant power of a substance or

food. Many health authorities recommend a daily intake of 3000-5000 ORAC units, to help provide protection from free radicals.

It is thought modern food processing, including cooking, can destroy the phytonutrients in fruit and vegetables. Nutra-Life LoadUp is an easy way to help get your 5+ a day. A delicious-tasting nutritional drink containing the complete spectrum of fruit and vegetables. One 20g serve provides a minimum of 3000 ORAC units, the equivalent of 5+ servings of vegetables. Suitable for children aged 2 years +, pregnant and breastfeeding women. It does not contain animal derivatives, so is suitable for vegetarians too.



one serving =  **ORAC VALUE of 5+ per day**

Read the label and use only as directed. If symptoms persist see your healthcare professional.