



Antioxidant Power House!

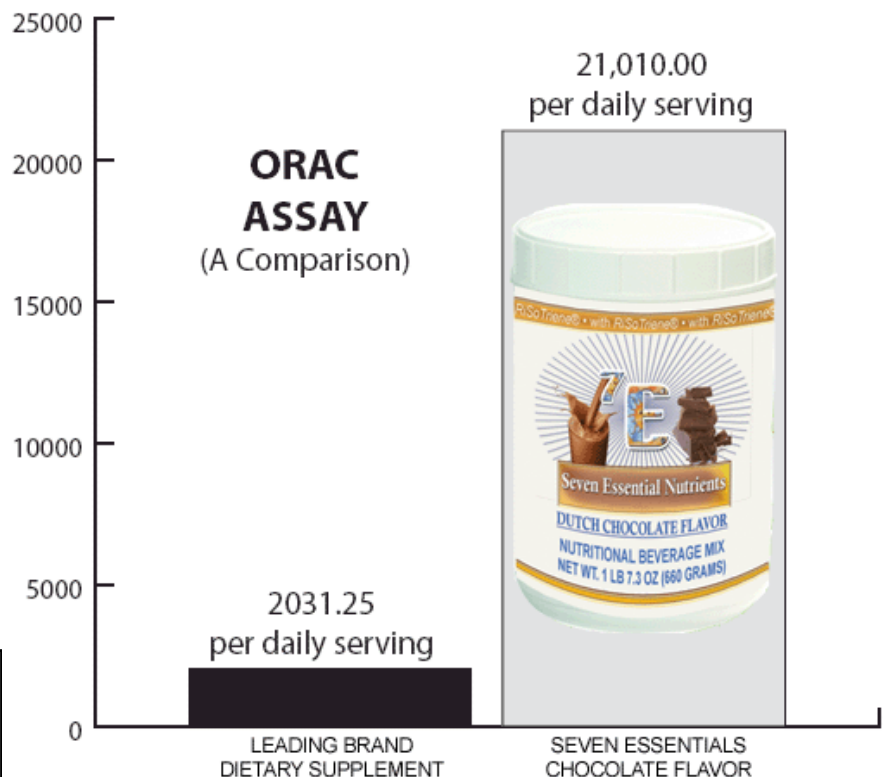
Seven Essentials, a functional food product, has just released an amazing ORAC score that has turned some heads in the nutritional science community. For those of you that are not familiar with ORAC (Oxygen Radical Absorbance Capacity), this is the latest scientific testing method developed by Tufts University in Boston to measure the level of antioxidant protection of a product. This is important because oxidative stress has been demonstrated to accelerate the aging process in both cells and blood vessels. Oxidative stress also increases the risk of certain types of cancers, coronary heart disease and many other health maladies. The **Seven Essentials Chocolate** flavored Nutritional Beverage Mix tested a phenomenal score of 21,010 ORAC units per daily serving. What does that mean to you and me? The USDA and Harvard School of Public Health recommend we eat a minimum of five servings of fruits and vegetables a day in order to become healthy enough to ward off aging-related diseases. Fruits and vegetables contain highly valuable phytonutrients for our health, particularly key antioxidants that are not available in other food groups or vitamins and mineral supplements. An average serving of fruits or vegetables contains approximately 500 ORAC units.

The USDA recommendation of five servings of fruits and vegetables daily equates to 2,500 ORAC units. It is hard to believe that we can obtain 8 times that much antioxidant power in a daily serving of **Seven Essentials**.

For the vast majority of us this becomes very good news since we were falling a little short on the five servings of fruits and vegetables per day.

*Statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Consult a health care professional for medical advice.

***see
official
test
results**



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