

Five a Day+

... unique blend of green superfoods



What is it?

Hailed as the ultimate green superfood by those who desire high quality nutrition without cholesterol, Five a Day+ is a blend of 21 of nature's most nutrient-dense organic ingredients in one unique formulation.

Why should I take it?

With key ingredients such as Spirulina, Wheat Grass Juice, Alfalfa, Beetroot Juice Powder, Super Oxide Dismutase (SOD) and Royal Jelly, Five a Day+ is packed with naturally occurring vitamins, minerals, anti-oxidants and nutritional enzymes which are known to promote energy production, give immune protection, improve digestion and elimination, and offer a natural, gentle detox for the body.

- Five a Day+ is a highly bio-available, easily digestible source of protein, which is vital in the natural repair of tissue in skin, nails, hair, bones, cartilage and for muscle recovery, as well as maintaining health at a cellular level.
- Five a Day+ also contains compounds called polysaccharides which balance immune function.
- Five a Day+ helps to improve the body's pH balance, which is crucial to good health.
- One serving of Five a Day+ delivers approximately the same food value as five daily helpings of fresh fruit or vegetables but with just 12 calories.

Clinical Studies

Clinical studies, carried out by the universities of Utah and Ukraine have proven that green food formulas decrease the body's biological age significantly. Studies found that the high levels of Superoxide Dismutase (SOD) - one of the world's most powerful antioxidants - lowers biological cell age by an astonishing 13.5 years over a course of three months. The discernible effects of this typically include a healthy, vibrant glow and the reduction of the outward signs of ageing.

There have been hundreds of clinical studies on the immune benefits of Spirulina and Chlorella, which are blue-green vegetable algae. These are an abundant source of protein, amino acids, phytonutrients, iron, antioxidants and B-vitamins. Spirulina is associated with a steady increase in corpuscular haemoglobin, making it a useful nutrient for helping to combat anaemia and poor immune function.

Ingredients

Spirulina - grown in Hawaii and known as the 'eating sunshine' plant, Spirulina is positively bursting with enzymes, minerals, trace minerals, antioxidants and phytonutrients which increase the body's wellbeing and optimise good health. Spirulina is a 95% digestible protein but only contains 1.2 calories per gram. It also delivers a quick source of energy and helps with muscle oxygenation due to high levels of iron; in addition, it includes eight essential amino acids.

Chlorella- also grown in Hawaii, broken cell wall Chinese Chlorella is a great source of natural iron, protein, and beta carotene (18mg per gram). Chlorella provides 100% of the RDA of vitamin B12 in just seven grams and contains 10 times more chlorophyll than most greens.

Alfalfa - high in vitamins A and C, niacin, riboflavin, folic acid, and the minerals calcium, magnesium, iron, and potassium, Alfalfa also contains bioflavonoids. It helps lower blood cholesterol levels. The saponins in Alfalfa bind to cholesterol and prevent its absorption. Alfalfa has also been studied for its ability to reduce atherosclerosis, or plaque build-up, on the insides of artery walls.

Organic Beetroot Juice Powder- The beautiful red-purple colour of beetroot is evidence of the amazing plant pigments known as carotenoids. While it is believed that there are at least 500 of these natural compounds, only a handful have been analysed, with beta-carotene being the best known.

Super Oxide Dismutase (SOD) with Catalase - superoxide dismutase-catalase is designed to function as an oxygen carrier with antioxidant properties.

Fucoxanthin - is a type of carotenoid found naturally in edible brown seaweed such as wakame (*undaria pinnatifida*) and hijiki (*hijikia fusiformis*), which are widely used in oriental medicine. Studies conducted at Hokkaido University in Japan have found that fucoxanthin can help burn fatty tissue.

Ionic Trace Minerals (from Great Salt Lake) - these are minerals your body requires for optimal health. They support immune system function, boosting energy, metabolism and antioxidant protection. Additionally, ionic minerals have either a positive or a negative charge, which allows these minerals to pass through your intestinal walls to accomplish specific functions.

Barley, Kamut and Wheat Grass Juices -the key role of these is to purify and cleanse the body and the blood. They achieve this through a process of neutralising harmful toxins. Barley Grass naturally contains 11 times the calcium of dried cows' milk and five times the level of natural iron as fresh spinach. Packed with a powerful source of enzymes, Wheat Grass also offers a great source of chlorophyll, which is often referred to as nature's sunshine. These ingredients contain no gluten.

Co Enzyme Q10 and Royal Jelly - possibly two of the most powerful natural anti-oxidants in the world, these ingredients contain up to nine different B vitamins and 22 amino acids, which create the building blocks of life itself.

They supercharge the body's natural immune system as well as helping to produce cellular energy. Since co enzyme Q10 naturally declines in the body with age, supplementing the body may be essential for maintaining optimum health.

Other Ingredients include:

Lecithin - emulsifies fats and oil into water, supports memory and nerves and is considered to be a brain fuel.

Brown Rice Kernel Membrane Powder - an excellent source of fibre and vitamin B complex.

Apple Pectin Fibre - traps harmful cholesterol, improves peristalsis for enhanced digestive regularity.

Icelandic Kelp & Nova Scotia Dulse - packed with chelated and trace minerals plus natural lithium.

Jerusalem Artichoke Powder- beneficial for the friendly flora of the intestinal tract. It has a delicate sweet taste and a low glycaemic index, making it suitable for people with candida and blood sugar related problems.

Lactobacillus Acidophilus & Bifidus - these probiotics feed friendly flora in the body, are a great source of potassium and offer natural insulin which is essential in treating both type I and II diabetes. They also help to correct pH imbalance in the body and remove harmful toxic bacteria.

Benefits

- Increases strength and stamina
- Provides potent, energising nutrition
- Helps improve skin, nails and hair
- Supports improved digestion and elimination
- Reduces inflammation and speeds up recovery time
- Restores biochemical balance
- Gives long-lasting energy boost
- Increases metabolic recuperation and regeneration
- Promotes cellular health
- Revitalises ageing cells
- Helps control appetite
- Helps boost brain health

Suitability

- Five a Day+ is suitable for adults, teenagers, children, infants and the elderly and can be given to pets. You can mix Five a Day+ powder with fruit juice and fresh fruit to make a healthy smoothie. Alternatively, it makes a great tasting drink when mixed with rice or almond milk.
- Five a Day+ is extremely safe to take during pregnancy as it is a functional food and not a supplement. It is ideal for athletes to use and is safe against dope testing.
- Five a Day+ is gluten and GM free and contains no chemicals, artificial hormones, heavy metals, pesticides, preservatives, sugar, nitrites or any artificial ingredient.
- Five a Day+ is suitable for vegetarians in both its powder and capsule form.

ORAC Value

With a massively high ORAC (=anti-oxidant strength) value of 1203 units (it may be greater), per serving Five a Day+ can help repair damage caused by free radicals and helps to ensure the body has all the essential nutrients it needs for younger looking skin.

The scientific community agrees that the body creates between 3,800 – 5,000 ORAC units of damage per day just in the course of normal daily life. It is estimated that an athlete who is in full time training can create up to 10,000 ORAC units a day of damage, whilst somebody who is undergoing chemotherapy as a treatment for cancer or similar can create up to 12,000 units plus of damage at a cellular level.

Options

Five a Day+ comes in powder and capsule form.

Powder available in 3 sizes:

- Trial size 30g
- Regular size 200g
- Family size 500g

Capsules (600mg) available in 2 sizes:

- Regular size 300 caps
- Family size 750 caps

Dosage

Recommend minimum for the average person = one teaspoon a day (approx. 3g) of powder or five capsules a day.