

Fruit and Vegetable Essence

Whole Food Formulas

Code: 107

Package Size: 2 bottle set, each contains 60 caplets

Suggested Use: 2 fruit caplets in the morning,
1 vegetable caplet at lunch and 1 at dinner

Fruit And Vegetable Essence

A convenient, “whole food” way to get all the nutritional value of fresh fruits and vegetables every day!

Amazing discoveries are being made daily on the health benefits of natural food compounds, vitamins, minerals, and the food enzymes found in fresh fruits and vegetables.

Scientists have determined that in addition to vitamins and mineral, fruits and vegetables contain other natural components which are beneficial to health. These “food activates” include natural food compounds like allicin from garlic, indoles from broccoli, lycopenes from tomatoes and chlorophyll from spinach. These fruits and vegetables have long been hailed for their health promoting properties, but only recently have specific food compounds been identified with these properties.

“Essences” provide the wholesome good nutrition from these vital food groups through a revolutionary technique of food extraction.

Many Americans have begun to juice their own fruits and vegetable for better health. While a great step towards complete nutrition, juicing has some drawbacks. Juicing leaves the complete carbohydrates and sugars from the fruits and vegetables, which are typically high in calories. One cup of carrot juice can contain as much as 400 calories! Juicing can become very expensive and time consuming with preparation and clean-up.

Why Essence?

Essence contains the extracted food compounds found in fresh juice. Essences are extracted from only organically grown, nutrient rich fruits and vegetables in a revolutionary extraction process. Each fruit and vegetable blend is cold processed and juiced through centrifugal extraction. The juice then goes through a process called “thin film evaporation” which flashes off the fluid without the use of heat in a vacuum environment, protected from air and light helping to maintain the fragile efficiency of the whole food enzymes and compounds. This concentrate is then carefully cold tableted to insure freshness and compress pounds of fruit and vegetable goodness into every caplet. Finally, each caplet is enrobed in a special beta carotene coating called BETA-COAT™, which helps prevent oxidation and helps maintain long term product stability and potency.

Essence captures the wholesome nutrition of fruits and vegetables, including essential vitamin, antioxidants, food enzymes and food activities. Essence is easy to take. Fruit Essence is taken 2 caplets with breakfast and Vegetable Essence is taken 1 caplet with lunch and 1 caplet with dinner. Essence helps ensure that you receive the optimum amounts of the necessary nutrition in the life giving foods.

Made from organically grown fruits and vegetables . . .

Contains no sugar, starch, artificial colors, chemical stabilizers, or preservatives

Vegetable Essence Ingredients

A blend of the following1000 mg

| | |
|-----------------|-----------------|
| Barley | Kale |
| Beet | Leek |
| Broccoli | Onion |
| Brussel Sprouts | Parsley |
| Cabbage | Yellow Pepper |
| Cauliflower | Radish |
| Carrot | Spinach |
| Celery | Tomato |
| Odorless Garlic | Vegetable Fiber |

Fruit Essence Ingredients

%USRDA*

| | |
|---|--------|
| Vitamin A Activity5000 IU | ..100* |
| (Beta Carotene) | |
| Vitis Viniferous Concentrate20 mg |** |
| Bioflavonoid Complex60 mg |** |
| Mixed Berry Anthocyanins6 mg |** |
| Fruit Concentrate1200 mg |** |

consisting of the following:

| | |
|------------|-----------------------|
| Cantaloupe | Blueberry |
| Raspberry | Plum |
| Grape | Peach |
| Orange | Cranberry |
| Papaya | Grapefruit |
| Pineapple | Watermelon |
| Cherry | Lemon |
| Pear | Lime |
| Apple | Apple & Citrus Pectin |
| Strawberry | Fruit Fiber |

**United States Recommended Daily Allowance for adults other than pregnant or lactating women.*

***No USRDA has been established.*

Fruit and Vegetable is all of the following:

- ◆ organically grown produce
- ◆ cold processed WHOLE, fruits and vegetables
- ◆ fully bio-active
- ◆ thin film evaporated for maximum efficacy, under low temperatures leaving behind nutrient dense powder
- ◆ cold tableted for maximum freshness and shelf-life
- ◆ Beta Coated for maximum protection and stability
- ◆ all VEGETARIAN PRODUCT, no animal derivatives

Food Equivalence Chart

| | |
|--------------------------------|---|
| 5000 IU Beta Carotene = | 20 mg Vitis Vinifera Concentrate = |
| 8½ lbs. red raspberries | 11 lbs. red grapes |
| 16 2/3 lbs. grapes | |
| 25 oranges | 60 mg Bioflavonoid Complex = |
| 15½ lbs. pineapple | 4 6-oz. glasses orange juice |
| 11 lb sweet cherries | |
| 33 apples | |
| 19 grapefruits | |

A Comparison

OURS: Uses only Organically grown Produce. **THEIRS:** Uses Standard Produce grown commercially.

OURS: Contains 100% juice extracts. **THEIRS:** Contains milled, dehydrated fruits and vegetables.

OURS: Is juiced using cold processing with thin film evaporation which maintains all the vital nutrients and enzymes. **THEIRS:** Uses dried produce which is then fortified with processed enzymes.

OURS: Is carefully cold compressed and coated with Beta Carotene to maintain freshness and bio-activity. **THEIRS:** is encapsulated in a processed, animal derived, hard shell capsule.

Special Notice

“For♦Mor makes no representation or warranty, expressed or implied, including warranties of fitness for a particular purpose and of merchantability of this product, except as indicated on its label.”

If you are not fully satisfied with the results after using Fruit and Vegetable Essence your full purchase price will be refunded by the distributor you purchased it from.

“This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.”