

# Antioxidant Mangosteen and Berry Drink

A tasty fruit beverage that packs a powerful antioxidant punch to counteract free radicals

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Research has shown that free radical damage and inflammation are primary causes of aging and degenerative diseases like cancer and heart disease. Antioxidants are nutrients, primarily found in plants, which prevent free radical damage and reduce inflammation.

Research also shows that people who eat lots of fresh fruits and vegetables, known to be loaded with natural antioxidants, have less degenerative disease. As a result, nutritionists recommend eating 5-7 servings of fresh fruits and vegetables every day. Unfortunately, research also shows that very few people actually do this.

For those who are on-the-go and having a hard time getting their fruits and vegetables, a convenient way to get more antioxidants into the diet is to take an *Antioxidant Mangosteen and Berry Drink*. This is a blend of fruit juices and other botanical ingredients that are rich in naturally occurring antioxidants such as polyphenols, flavonoids, xanthenes, and vitamin C. It can help reduce inflammation, relieve pain, and enhance energy production. Here are some of the benefits of the ingredients in this drink:

## Mangosteen Fruit Juice Extract

Mangosteen is a tropical fruit that is highly praised for its flavor. It is very high in compounds called xanthenes, some of the most powerful antioxidants discovered to date. About 1,000 studies have been published on xanthenes. They have anti-inflammatory and antioxidant effects and also inhibit platelet aggregation, help prevent the formation of blood clots, and relax artery walls. This makes them useful for people with cardiovascular diseases such as ischemic heart disease, atherosclerosis, hypertension, and thrombosis. Xanthenes have been shown to be antibiotic, antiviral, and antifungal. They also have histamine-blocking actions, which can be beneficial for allergy sufferers.

## Lycium Fruit Extract

Lycium is a major Chinese tonic herb also known as wolfberry or goji berry. The fruits, also known as goji berries, are a rich source of vitamin C. They protect the liver against damage from exposure to toxins. The berries are also used in China as a blood, liver, and kidney tonic. They have a cooling quality, reducing fever, sweating, irritability, and thirst. They have been used to stop nosebleeds, reduce the vomiting of blood, and help with failing eyesight. They have also been used for dizziness, tinnitus, blurred vision, and wasting conditions.

## Green Tea Leaves Extract

This traditional beverage of the Orient has been found to contain powerful antioxidants called polyphenols. These are similar in nature to the polyphenols known as proanthocyanidins. These compounds aid liver detoxification. Research in China suggests tea may help hepatitis. The tea extract used in this formula is a concentrate of the polyphenols and is caffeine-free.

## Sea Buckthorn Fruit Extract

Sea buckthorn grows mainly in sandy coastal areas and dry riverbeds in mountainous regions. The berries are very high in vitamin C and antioxidant flavonoids. They are mildly stringent and have been used to enhance the immune system's ability to resist infection.

## Concord and Red Grape Juice Concentrate, Grape Skin and Seed Extracts

Red grapes contain proanthocyanins, powerful antioxidants with protective effects against cancer, heart disease and liver damage. Proanthocyanins stimulate hair growth, improve venous circulation and aid eyesight. Grapes have been traditionally used to treat varicose veins, hemorrhoids and capillary fragility. The nutrient content of grapes is close to that of blood plasma, which is why grape fasts have been used for detoxification.

## Blueberry, Red Raspberry, and Apple Concentrates

These fruit juice products don't just add flavor to this formula, they are also loaded with antioxidants and other valuable nutrients. For instance, blueberries are rich in anthocyanins, which have protective effects against free radical damage to the eyes and blood vessels.

## Recommended Use

Take one ounce (two tablespoons) of the *Antioxidant Mangosteen and Berry Drink* twice a day. It tastes great by itself and can also be combined with water or fruit juice.

## Selected References

- Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston
- PDR for Herbal Medicines* by Medical Economics Company
- Strategies for Health* by Steven H. Horne
- The Encyclopedia of Medicinal Plants* by Andrew Chevalier

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