



# Nature's Harvest

Great tasting, convenient, whole food nutrition

Nature's Harvest is a superfood or whole-food meal replacement that contains vegetable protein, green foods, a blend of antioxidant nutrients, essential fatty acids, herbs, fiber and enzymes. It is vegan, dairy free, lactose free and also free from other common allergy-producing foods. Designed to provide many of the nutrients and phytochemicals missing in modern diets, this powder mixes easily with water and juice to form a great-tasting meal replacement.

Nature's Harvest provides 75% of the Daily Value for 18 essential vitamins and minerals. It contains biotin, niacinamide, vitamin A palmitate, zinc oxide, copper gluconate, d-calcium pantothenate, manganese, vitamin D2, folic acid, potassium iodide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), sodium molybdate, cyanocobalamin (vitamin B12) and chromium chloride.

Each serving provides 13 grams of vegetable protein from yellow split peas, adzuki beans, black beans, garbanzo beans and brown rice. Plus, it contains the following foods and nutrients.

## Seeds and grains (amaranth, quinoa, chia, millet, rice)

Seeds are loaded with nutrition because they have to support a growing plant when they sprout. Many of these seeds are considered superfoods because they are loaded with nutrients that benefit cardiovascular health and immunity.

## Spirulina and chlorella

These algae are a great source of amino acids. They help to stabilize brain and nerve function, balance blood sugar levels and increase energy.

## Flax seed hull lignans

The lignans from flax seed hulls are loaded with phytoestrogens that help protect the body from xenoestrogens. They reduce the risk of breast cancer and other estrogen-dependent cancers.

## Vegetable powders (carrot, broccoli, artichoke, spinach, asparagus, kale and beet)

Most Americans don't eat enough vegetables. These vegetables are known to strengthen the immune system, provide antioxidant benefits and aid in liver detoxification. For instance, vegetables like broccoli and kale contain sulfur compounds that reduce the risk of cancer.

## Antioxidant Fruit Blend (mangosteen, goji, blueberry, cranberry, grape skin and seed, pomegranate, acerola)

These fruits contain powerful antioxidants, vitamins A and C, fiber and other compounds that help prevent cancer and other illnesses, including heart disease. Antioxidants boost the immune

system, lower cholesterol, and reduce inflammation—a key driver of all chronic diseases.

## Herbs (alfalfa, parsley, matcha, chicory, horsetail, lemon grass)

These herbs are loaded with trace minerals and have benefits for the kidneys, bones, digestive tract and urinary system. Matcha is a finely milled green tea that is rich in antioxidants.

## Fiber (pea and bamboo fiber, rice bran and others)

Most Americans do not get enough fiber in their diets. An adequate intake of fiber helps reduce cholesterol, promotes intestinal regularity and bowel health and balances blood sugar. It also helps give a person a feeling of fullness without adding calories, so it curbs appetite, prevents overeating and helps a person lose weight.

## Good fats (flax seed, borage oil, medium-chain triglycerides)

Medium chain triglycerides help fuel the heart and have immune-enhancing properties as well. Borage and flax seed are good sources of omega-3 and omega-6 essential fatty acids, which play roles in controlling inflammation, protecting the cardiovascular system and promoting the health of the brain and nervous system.

## Chlorophyll

The green blood of plants, chlorophyll helps oxygenate the blood and has powerful deodorizing and antioxidant properties.

## Short-chain fructo-oligosaccharides

These chains for fructose molecules feed the probiotics or friendly bacteria in the intestines.

## Enzymes

Enzymes are present in raw food and take stress off of the digestive tract by helping food to break down more easily. Because most Americans eat primarily cooked food, they do not get enough enzymes in their diets.

Nature's harvest is sweetened with fructose, stevia and brown rice syrup. It is low glycemic so it will not spike blood sugar levels.

## Recommended Use:

Nature's Harvest can be blended with water, juice or fruit to make nutritious smoothies. Simply mix two scoops of the powder with about 8 ounces of water or other liquids and blend.

## Selected References

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light
- SuperFoods: Fourteen Foods That Will Change Your Life* by Steven G. Pratt, MD, and Kathy Matthews
- Superfoods: The Food and Medicine of the Future* by David Wolfe
- The 150 Healthiest Foods on Earth* by Jonny Bowden, PhD

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Handout prepared by Tree of Light, P.O. Box 911239, St. George, UT 84791 (treelite.com). Seek appropriate professional assistance for all serious health problems.

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