



PROVEDA

leading you to success



E-EDUVEDA

PROVEDA ONLINE EDUCATION SYSTEM

Entering the Kingdom Of Berries

Proveda
Nutricio
Presents.



**Multi Fruits & 174 Berries
And Mangosteen
Super Anti Oxidants, Immunity
Booster Juice**



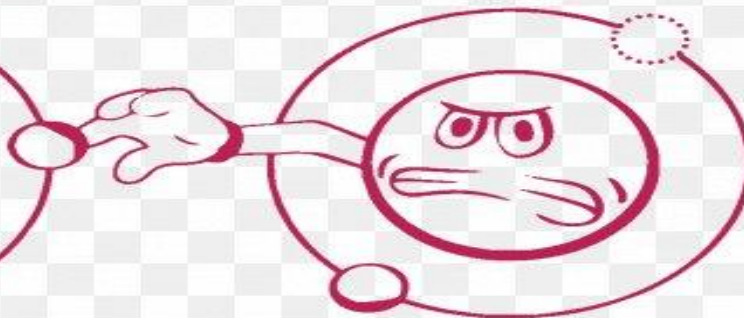
Anti oxidants

- Antioxidants are compounds produced in your body and found in foods. They help **defend** your cells from damage caused by potentially harmful molecules known as **free radicals**.
- When free radicals accumulate, they may cause a state known as **oxidative stress**. This may damage your DNA and other important structures in your cells.
- Sadly, **chronic oxidative stress** can increase your risk of chronic diseases such as **heart disease, type 2 diabetes and cancer**

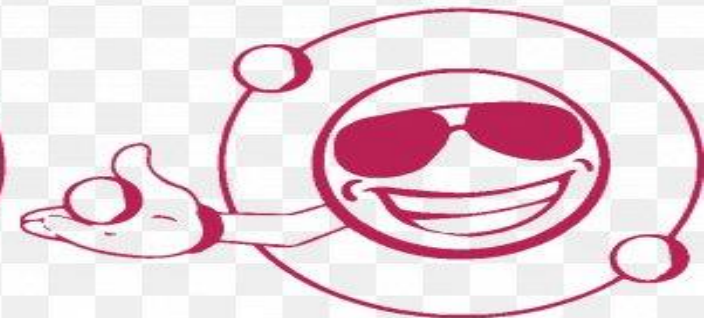
healthy atoms



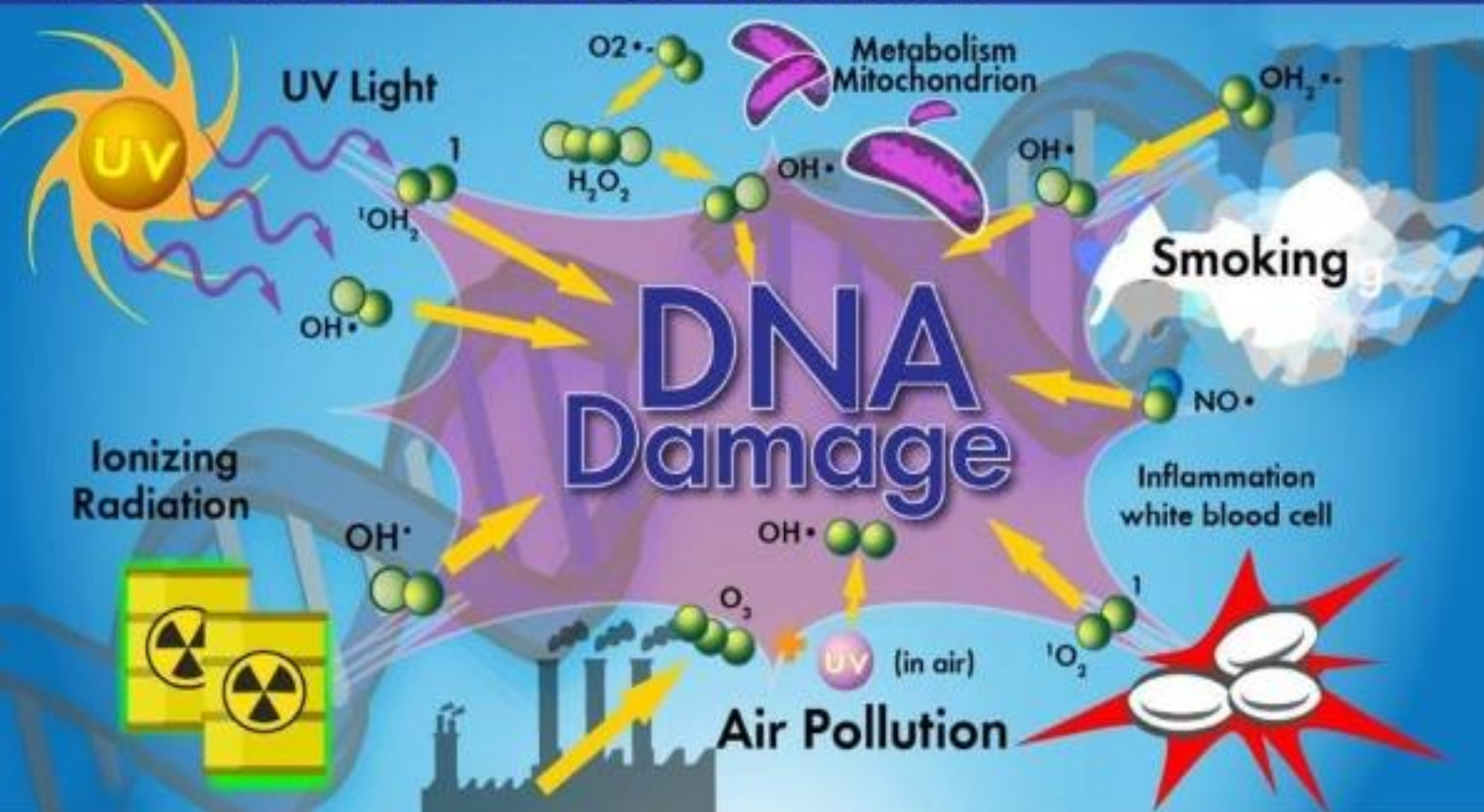
free radicals



antioxidants

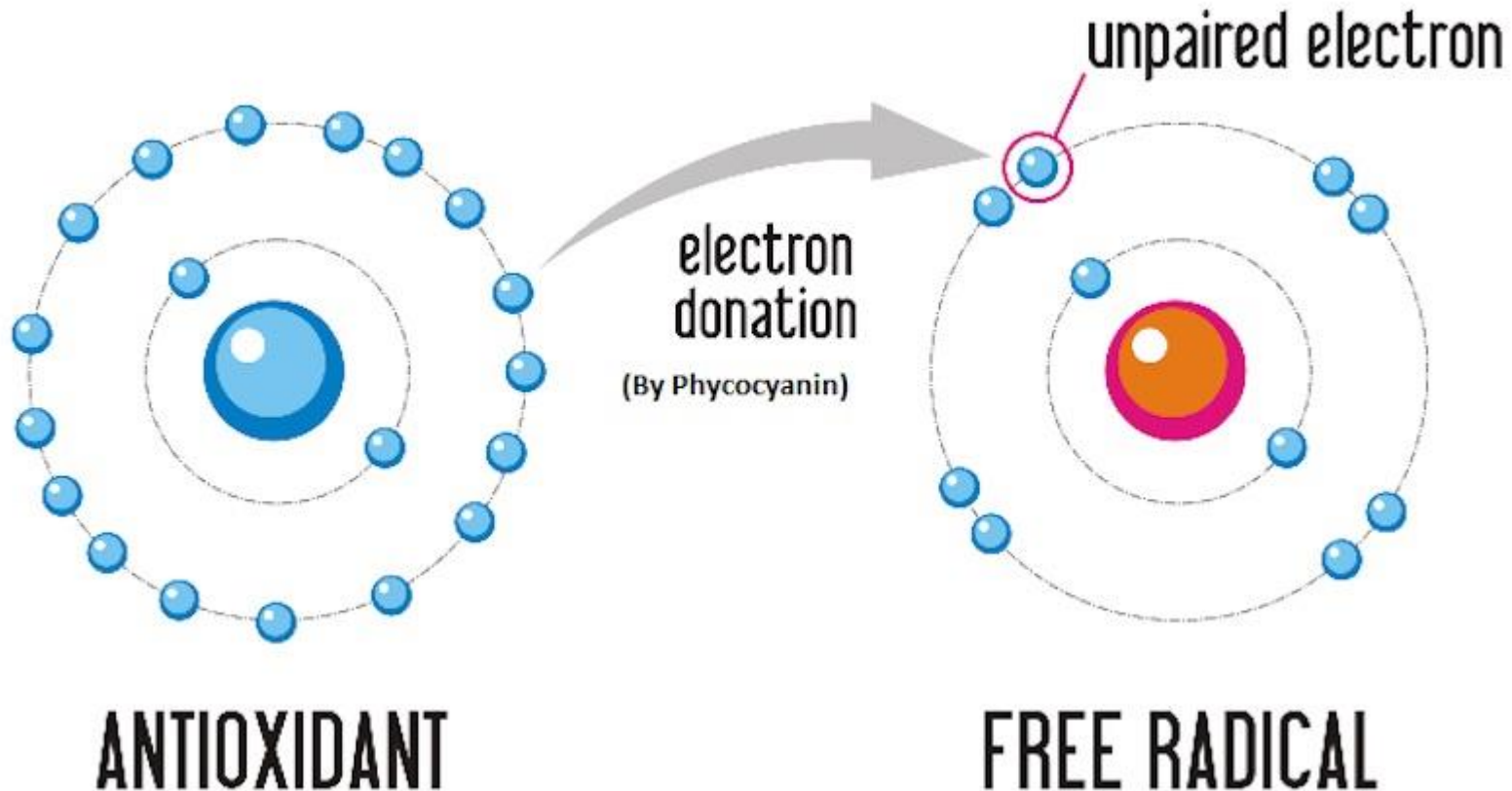


Formation of Free Radicals





Anti Oxidants & Free Radicals



Berries Most powerful Antioxidants

- Berries deliver super-healthy antioxidants that help fight disease.
- One landmark study shows that just one cup of berries provides all the disease-fighting antioxidants you need in a single day
- Berries, especially members of several families, such as Rosaceae (strawberry, raspberry, blackberry), and Ericaceae (blueberry, cranberry), belong to the best dietary sources of bioactive compounds (BAC)
- Health benefits of berries, such as prevention of inflammation disorders, cardiovascular diseases, or protective effects to lower the risk of various cancers

ORAC values of Berries

- Acai Berry : 100,000 $\mu\text{mol TE}/100\text{g}$
- Goji berries : 25,300 $\mu\text{mol TE}/100\text{g}$
- Cranberries : 9,584 $\mu\text{mol TE}/100\text{g}$
- Blueberries : 6,552 $\mu\text{mol TE}/100\text{g}$
- Blackberries : 5,347 $\mu\text{mol TE}/100\text{g}$
- Raspberries : 4,882 $\mu\text{mol TE}/100\text{g}$
- Strawberries : 3,577 $\mu\text{mol TE}/100\text{g}$
- Gooseberries : 3,277 $\mu\text{mol TE}/100\text{g}$



ORAC : Oxygen Radical Absorbance Capacity
the ORAC values (as $\mu\text{mol TE}/100\text{g}$)



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Berries present in Proveda Berry Plus + Juice



Acai Berry

Boost skin health

Stimulate healthy digestion and acts as Energy booster



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Blueberry

Rich in anti oxidants

Reduce belly fat. Promote eye health



Raspberry

Anti ageing , Anti oxidants, promotes eye health.. Good for bone health and promotes weight loss



Cranberry

High in fibre, Anti Oxidants, prevent tooth decay

Anti Inflammatory, treats URI



Berries present in Proveda Berry Plus+Juice



Blackberry

Heart Proactive, high source of Potassium
Healthy hair, effective anti inflammatory



Gooseberry

Aids in digestion, healthy hair
Reduce blood sugar, improve vision



Blueberry

Healthy heart good for eyes, rich in anti oxidants Protects liver



Goji berry

Improve energy level, detoxifies
Boost immune system healthy hair and skin





Berries present in Proveda Berry plus+Juice



Mangosteen

Highly nutritious ,anti oxidants, anti inflammatory
Immune system booster



Strawberry

Source of Vitamin C, Aids for water management
Healthy skin, good for heart



Mulberry

Supports health, promote hair growth
Improve eye health, good for liver



Dewberry

Healthy immune system, healthy digestive system, cancer
protection, healthy bone.



Berries present in Proveda Berry Plus+ Juice



Bayberry

Aids I weight management, good for eyes
Stress reliever, healthy heart



Crowberry

Heart protective, healthy digestion
Anti oxidants, cancer protection



Bearberry

Good in weight management, arthritis management
Detoxify



Sea buckthorn

Immune system, fight depression
Cardio protective, improves digestion



Acerola cherry present in Proveda Berry Plus+ Juice

Benefits of Acerola Cherry

- **Acerola** is most well-known for being extremely rich in vitamin C. Because of this, it's often used to help with or prevent colds or flu. It's also used as an antioxidant nutrient.



Benefits of Berry Plus +

- Superb Anti Oxidants highest ORAC values
- May keep DNA intact
- Prevent cellular damage
- Good for Heart
- Immunity system boosters
- Prevent UTI
- Lower the risk of Diabetes
- Keep healthy cholesterol level
- Improve Metabolism





Dosage

- 30ml twice daily directly or can be mixed with water

Safety

- Children below 12 years , pregnant or lactating women are advice to consult a doctor before it

Pack

- 850ml pack of Juice

