

Anti Oxidants And Pro Berry



from
america

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**

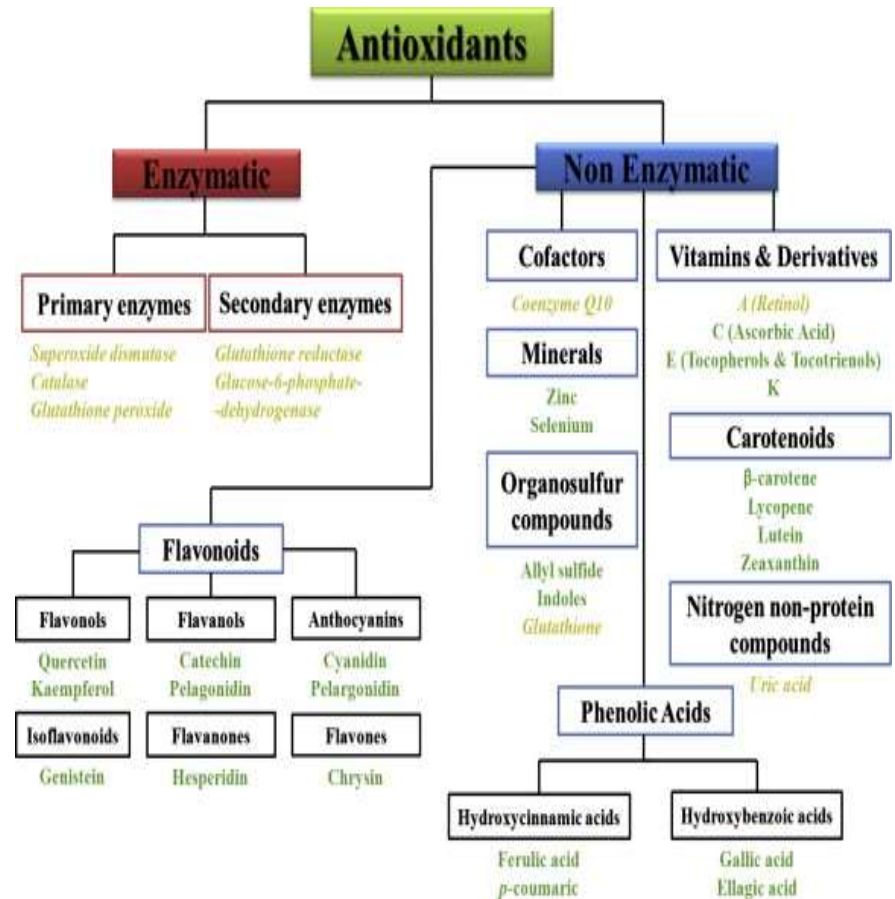


Types of Anti oxidants



PROVEDA
Leading you to success

- Antioxidants can be divided into three groups by their mechanism:
- (1) primary antioxidants, which function essentially as free radical terminators (scavengers);
- (2) secondary antioxidants, which are important preventive antioxidants that function by retarding chain initiation; and
- (3) tertiary antioxidants, which are concerned with the repair of damaged biomolecules.

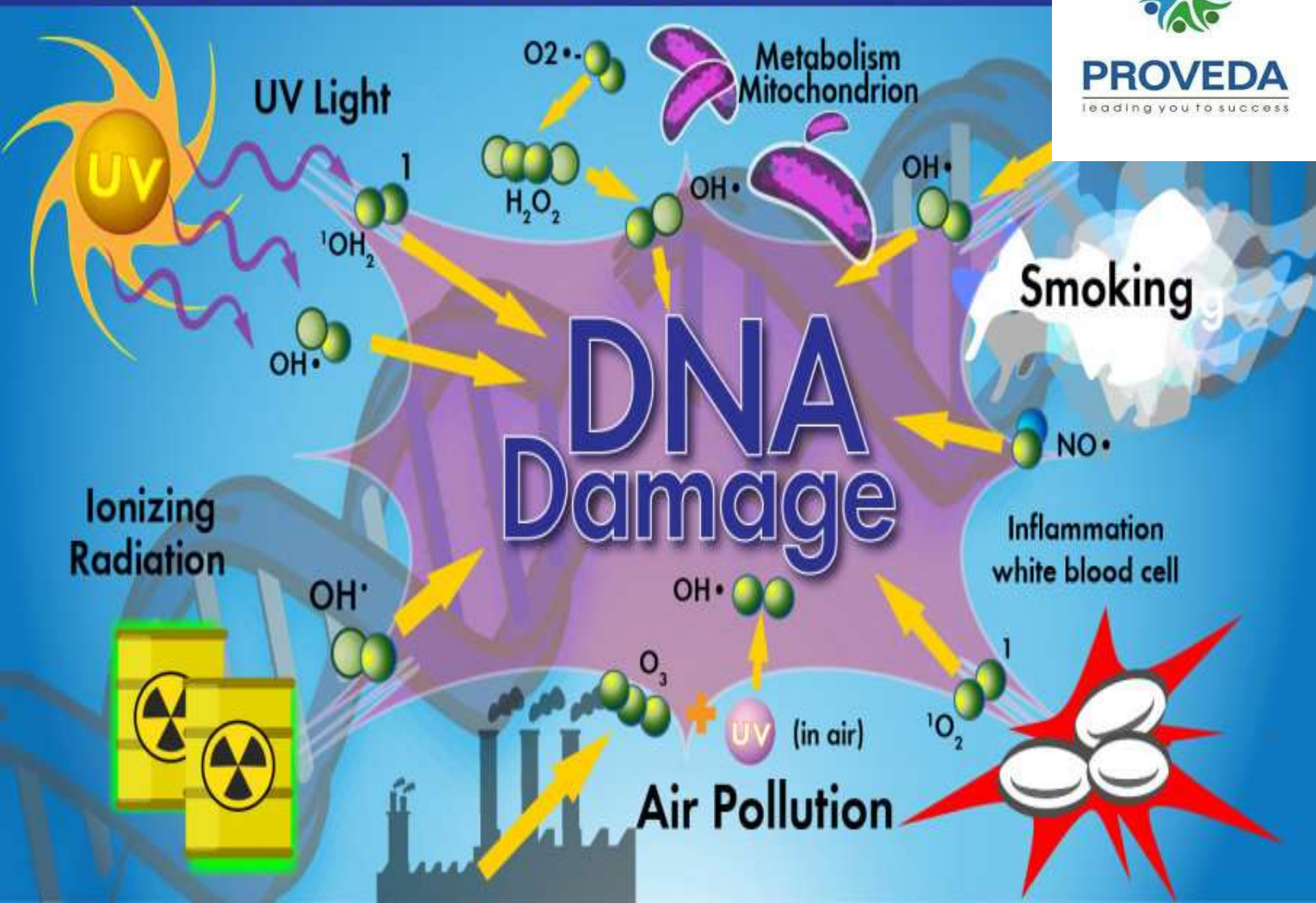


Formation of Free Radicals



PROVEDA

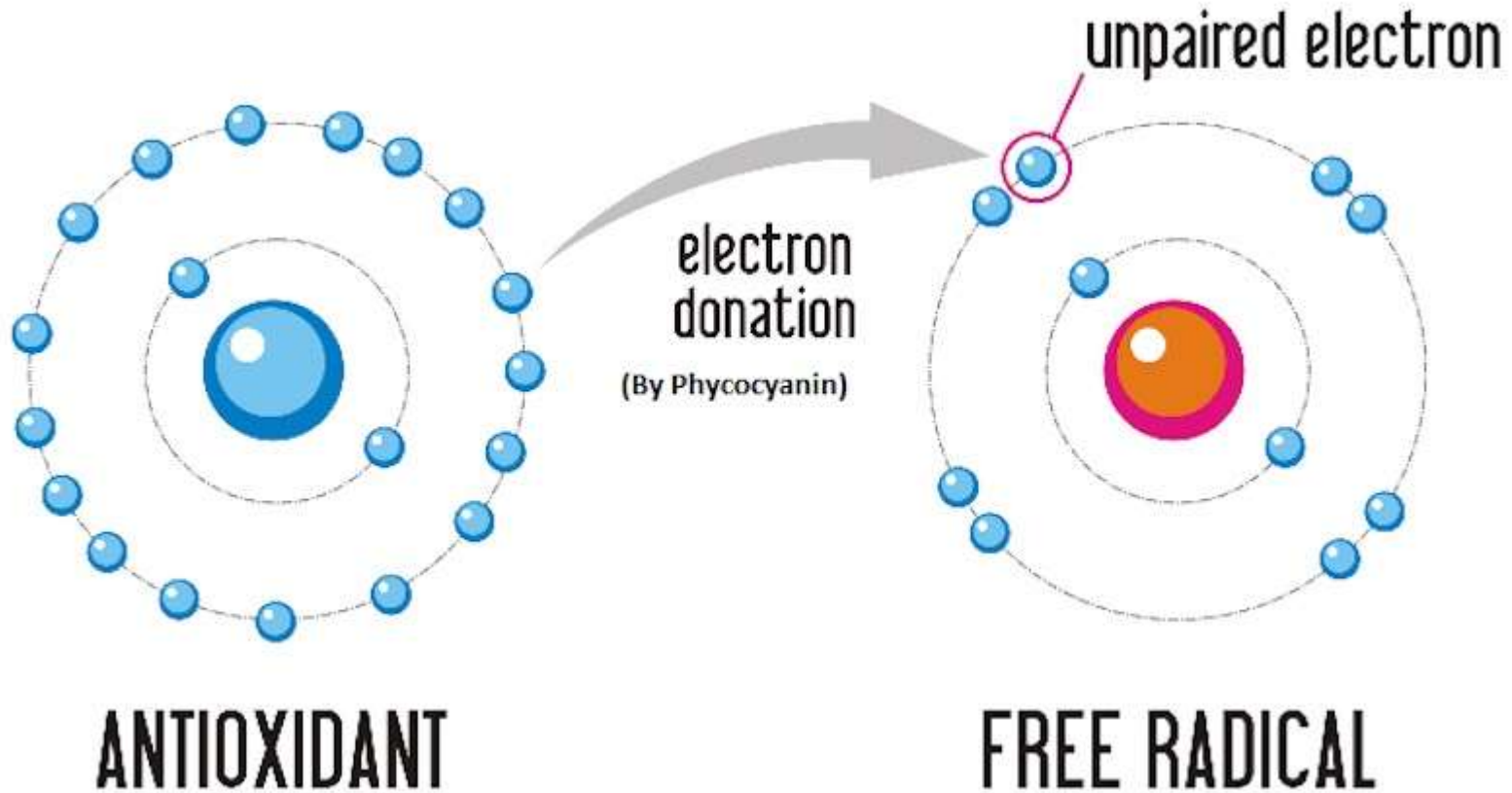
Leading you to success



Anti Oxidants & Free Radicals



PROVEDA
leading you to success



ORAC VALUE



PROVEDA
leading you to success

- ORAC stands for **Oxygen Radical Absorbance Capacity**. It's a lab test that attempts to quantify the "**Total antioxidant capacity**" (TAC) of a food by placing a sample of the food in a test tube,
- along with certain molecules that generate free radical activity and certain other molecules that are vulnerable to oxidation .
- After a while, they measure how well the sample protected the vulnerable molecules from oxidation by the free radicals.
- The less free radical damage there is, the higher the antioxidant capacity of the test substance.
- There are actually a handful of different tests designed to measure total antioxidant capacity in this way, but the ORAC is probably the best known and most popular.



Benefits of Anti oxidants



PROVEDA
leading you to success

- **Antioxidants** are substances that may protect your cells against free radicals,
 - which may play a role in heart disease, cancer and other diseases.
 - Free radicals are molecules produced when your body breaks down food or when you're exposed to tobacco smoke or radiation.
- Slow aging processes
 - Lower cholesterol
 - Decrease risk of atherosclerosis
 - Reduce risk of heart disease and stroke
 - Slow Alzheimer's disease
 - Decrease the chance of developing tumors
 - Reduce the damage caused by cigarette smoke, etc.

Proveda Pro Berry++

Proveda
Nutricio
Presents.



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

Berries Most powerful Antioxidants



PROVEDA
leading you to success

- 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



PROVEDA
leading you to success

- **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 $\mu\text{mol TE}/100\text{g}$)

ORAC Value Pro Berry : 102700 / 100ml

Berries present in Proveda Berry Plus + Juice



PROVEDA
leading you to success



Acai Berry

- Boost skin health
- Stimulate healthy digestion, anti oxidants
- Energy booster



Blueberry

- Rich in anti oxidants
- Reduce belly fat. Promote eye health



Raspberry

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



Cranberry

- High in fibre, Anti Oxidants, prevent tooth decay
- Anti Inflammatory, treats URI



Berries present in Proveda Berry Plus+ Juice



PROVEDA
leading you to success



Blackberry

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



Gooseberry

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



Bilberry

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



Gojiberry

- Impress energy level, detoxifies
- Boost immune system healthy hair and skin



Berries present in Proveda Berry plus +Juice



PROVEDA
leading you to success



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



PROVEDA
leading you to success



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 Provida Berry Plus+ Juice



PROVEDA
leading you to success

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 Barry Plus +



PROVEDA
leading you to success

- 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 & Guidelines



PROVEDA
leading you to success

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

- 1000 ml pack of Juice

