

# 30 Reasons Why You Need a Shot a Day!



## Here's a list of reasons you should drink this Super Berry Juice Daily!

- 1) Historically in China, those individuals that eat the Ningxia Wolfberry enjoy a longer and more productive life, better eyesight, less heart disease and cancer than many of the cultural groups studied!
- 2) One of the "Ancient Chinese Health Secrets!" In fact, the Ningxia Wolfberry is the berry of choice for Chinese Olympic Athletes!
- 3) The Ningxia Wolfberry provides ample antioxidants to strengthen the immune system!
- 4) Antioxidants in the juice help fight free radical attacks that occur thousands of times a day to each cell of the human body!
- 5) Highest S-ORAC rating for fighting the most abundant free radical that causes damage to our cells...The Super Oxide free radical!
- 6) Eating Ningxia Wolfberries enhances Super Oxide Dismutase (SOD). SOD's scavenge free radicals that damage the DNA of cells! Ultimately this scavenging increases our ability to live healthier, longer lives.
- 7) Ningxia Wolfberries free radical scavengers help to strengthen and support the cell walls. This supports efficient transport of flavonoid nutrients across the cell membrane or wall.
- 8) Strengthens the brain neuro-transmitters against free radical activity, possibly slowing age related memory loss!
- 9) Ningxia Wolfberry is powerful in helping the liver function properly! Boosting Glutathione levels! Glutathione is the most important antioxidant and detoxification enzyme in the liver!
- 10) Helps promote good eye sight and eye health!  
Ningxia Wolfberry is high in antioxidant carotenoids including beta-carotene and zeaxanthin. Beta-carotene is good for the retina. Zeaxanthin is needed for good eye sight. Ningxia wolfberry has the highest amount of zeaxanthin and other carotenoids of any food known!
- 11) The main constituent in the Ningxia Wolfberry according to studies in China is Lycium Barbarum Polysaccharide (LBP). LBP helps to rebuild white blood cell counts! Phagocytes and the activity of Natural Killer cells are increased which can bind to cancer cells.
- 12) Studies have shown that consuming Ningxia Wolfberry led to the regression of cancer in 75% of its patients!
- 13) Other nutrients found in the Ningxia Wolfberry have been shown to help prevent Liver Cancer.
- 14) Other studies show Ningxia Wolfberry useful in the regression of malignant melanoma, Renal cell carcinoma, colorectal cancer, lung cancer and other cancers.

- 15) Also the Ningxia Wolfberry enhances T-cell function!
- 16) In many cases eating the berry helps to lower or stabilize blood sugars!
- 17) Minerals and Vitamins in the Ningxia Wolfberry act as enzyme cofactors in the digestive process!
- 18) Has a B vitamin complex essential to the body!
- 19) Anti-fungal properties due to an amino acid called Solavetivone.
- 22) Anti-bacterial properties due to Solavetivone amino acid.
- 21) Anti-viral properties due to Solavetivone amino acid, as well.
- 22) Reduces pain caused by inflammation. The wolfberry contains Beta-Sitosterol, a natural anti-inflammatory!
- 23) Ningxia Wolfberry contains natural Vitamins including multiple B's, C and E!
- 24) Trace minerals including rare Germanium contained vary rarely in food today!
- 25) 6 Essential Glyconutrients... the good sugars necessary for optimal health and enhanced cellular communication!
- 26) Amino Acids like L-Arginine... necessary for maintaining, building and repairing our cells!
- 27) High Acid binding ability...to gobble acid in the body that creates inflammation and stress in our system, slowing down the process of aging, illness and disease.
- 28) The micronutrients found in the berry counteract mutations leading to cancer!
- 29) Eating Ningxia Wolfberries have been shown in research studies to decrease the amount of oxidation to cholesterol (fat) which leads to a process that creates plaque in the arteries! Oxidized cholesterol creates "sticky foam cells" that build up on artery walls!
- 30) A Super Whole Food for a Super Whole Body!

### Information taken from the Books:

The Ningxia Wolfberry: A Powerful, Natural Ally Against Disease and Aging, by Dr. Hugo Rodier, MD.  
Discovery of the Ultimate Superfood, by Gary Young ND, Ronald Lawrence, MD and Marc Schreuder.

This information is for Educational Purposes only and is not meant to treat or cure any disease. Please seek proper Medical Advice if you are dealing with any Disease or illness.

## NingXia Red

1 liter	Code: 3003
2 pk	Code: 3024
4 pk	Code: 3043
Sampler 30 pk	Code: 3168
Sampler 100 pk	Code: 3169
Starter Kit	Code: 3180



# Ningxia Wolfberry (*Lycium barbarum*)

## Wolfberry Nutrition Facts

**Polysaccharides:** essential sugars (glyconutrients) needed for cell membrane function and structure.

**Polyphenols:** they include flavones (like carotenoids,) isoflavones (genistein, dedstein, etc.) catechins (like green tea.) quercetin, proanthocyanidins (like grape seed extract,) galloylated tea, ellagic acid and anthocyanidins.

**Zeaxanthin esters:** antioxidants in wolfberry, other berries and several herbs.

**Betaine:** micronutrient indispensable for liver function, digestion, DNA function. Also very important in B-complex metabolism. Betaine is also found in wheat germ, spinach, beets, shrimp, and pretzels. Also contains: B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, C, E, protein and betacarotene. Plus essential fatty acids.

**Vitamin C:** wolfberry has the highest content of vitamin C of all fruits and vegetables. It contains 148 mg/100gm, according to the USDA, 1999. Other foods, such as parsley, spinach and cruciferous vegetables contain from 93 to 133 mg/100gm.

**Calcium:** wolfberry has 110mg/100gm, compared to 107 mg in Taro leaves. Cruciferous vegetables have about 50mg, and cherries 16mg (USDA 1999)

**Beta carotene:** wolfberry has 12,600 IU/100gm, compared to 12,100 in chicken liver, 11,000 in carrots and 2,500 in apricots.

**Fiber:** four ounces of wolfberry contain 215 mg of fiber. Other antioxidants: beta-sitosterol, with anolides, P-coumaric acid, pyrroles, cerbrosides, lutein, cyclic peptides, acyclic diterpene glycosides, biotin, B vitamins, trace minerals, amino acids, and lyciumins.

### 17 Trace Elements

Chromium	Molybdenum
Cobalt	Nickel
Copper	Phosphorus
Fluorine	Selenium
Germanium	Silicon
Iodine	Tin
Iron	Vanadium
Lithium	Zinc
Manganese	

### 4 Major Minerals

Calcium
Magnesium
Potassium
Sodium

### 6 Glyconutrients Essentials Sugars

### 18 Amino Acids

Aspartic Acid	Threonine
Serine	Valine
Glutamic Acid	Methionine
Glycine	Isoleucine
Alanine	Leucine
Cysteine	Phenylalanine
Tyrosine	Lysine
Arginine	Tryptophan
Proline	Histidine

**Ningxia Red** (with additional high antioxidant ingredients to enrich its salutary affects and ORAC value)

**Pomegranate** - represents life and regeneration in ancient Greece. In Buddhism, it is one of 3 blessed fruits. The National Institute of Cancer has reported on "the extraordinary medicinal properties of the tree, and idea that dates to Biblical times and which has oddly been overlooked by Western medicine." (J. National Cancer Institute 2003;95:346). Pomegranate has three times the antioxidant activity of green tea, or red wine. Has been shown to reduce cholesterol levels.

**Blueberry** - juice is also rich in proanthocyanidins. Tuft University studies have shown that it protects blood cells against free radical oxidation, and slows brain aging. Studies at Mainz University show that it protects cell DNA.

**Raspberry** - juice has high levels of Ellagic acid, a polyphenol also found in wolfberry. Ellagic acid has become known for its anti-carcinogenic/anti-mutagenic effects. These traits help inhibit the growth of tumors and reduce the incidence of cancer. Ellagic acid is also known for its anti-bacterial and anti-viral properties.

**Lemon and orange essential oils** - like limonene, helps combat cell mutations and increase glutathione levels in the liver. Glutathione is the end-product of all antioxidants.