

SUPER FOODS – Wayne Reilly

Acai	Acai berries are high in anthocyanins, a powerful class of flavonoids with well established free radical fighting abilities. One serving can contain as much as 33 times the antioxidant content as a glass of red wine!
Noni	With a nutrient profile that includes anthraquinones, organic acids, polysaccharides, vitamins and minerals, the fruit from <i>Morinda citrifolia</i> has been consumed throughout the ages to boost stamina and promote good health.
Durian	Rich in indoles and other phytochemicals – good for liver and wound healing.
Resveratrol	Has anti-aging and anti- cancer effects.
Colostrum	Has immune modulatory properties. Has high levels of IgG.
Mangosteen Durian	The Mangosteen's rind and white inner fruit are rich in some of the most powerful antioxidants ever discovered. Among them are Xanthones--highly bioactive polyphenols that have been shown to possess remarkable antioxidant properties.
Lycopene	Lycopene is a type of Carotene Carotenoid - its physical appearance is red. Unlike many other Carotenes, Lycopene cannot be converted to Vitamin A within the body. Lycopene may help to prevent cataracts
Maca	A member of the cruciferous vegetable family, known for its ability to improve stamina, energy and performance. Known for its effects on male and female sex hormones.
Chlorella	Chlorella is one-celled green algae that reproduces at a rapid rate. Chlorella contains 55 to 67 percent protein, one to four percent chlorophyll, nine to eighteen percent dietary fiber and large amounts of minerals and vitamins. The protein of Chlorella contains all of the essential amino acids required for the nutrition of animals and humans, it benefits the skin by its ability to detoxify the body. Chlorella's fibrous material has been proven to actually bind with heavy metals and pesticides like PCBs that can accumulate in our bodies.
Spirulina	Spirulina is a single-celled fresh water algae and an incredible source of nutrients. It provides massive amounts of Beta-Carotene, Vitamin B-12, Iron and Chlorophyll. Spirulina also provides RNA, DNA and important GLA fatty acids.
Aloe vera	Aloe vera (consumed orally or applied topically) may inhibit various types of Detrimental Bacteria and Aloe vera (gel applied topically for long periods) may prevent Detrimental Bacteria from penetrating the Skin. Aloe vera (juice consumed orally) may alleviate Hyperchlorhydria (by inhibiting the secretion of Hydrochloric Acid). Aloe vera (juice consumed orally) may alleviate some types of Peptic Ulcers , may accelerate the healing of Gastric Ulcers and may alleviate Duodenal Ulcers.
Green tea	Green Tea is the unoxidized form of Tea (leaf) widely consumed in Asia as a beverage. Green Tea (in contrast to Black Tea) has been shown to possess a high level of therapeutic activity.
Blueberries most juices	Blueberries may retard the progression of the Aging Process (due to their powerful Antioxidant properties). Blueberries may possess Life Extension potential (due to the powerful Antioxidant properties of the Polyphenols content of Blueberries).