

Néctavida™

The Nectar of life

THE NUMBERS

- ❑ According to one national study, \$20 billion in hospital charges were potentially avoidable with the proper daily use of just a few key vitamins and minerals: folic acid, zinc-containing multi vitamins, and vitamin E
- ❑ A recent survey found that 88 % of Americans do not eat the recommended daily minimum of 5 servings of fruits and vegetables
- ❑ A national study recently uncovered that nearly 27% of the U.S. population has low blood levels of vitamin E
- ❑ Regular consumption of dietary fiber can greatly reduce problems with constipation, the most common gastrointestinal complaint in the U.S.

GOOD INTENTIONS DON'T ALWAYS EQUAL GOOD HEALTH

Your good health: ideally, you work hard to establish it, then work even harder to maintain it. You exercise, watch your diet and try to keep stress levels to a minimum. At least that's true for a number of folks.

The truth is, though, that's wishful thinking for many - and probably most - of us. Life is what does it. We wake up each morning with good health intentions, but the kids are late for school, and there's no more milk, and the boss keeps us working through lunch to get that big project finished, and by the time we get

home late in the evening, get all the household chores done, and hopefully spend time with our families, all those good intentions have suddenly vanished.

Sure, we know an all-natural, fresh food, healthy meal at lunch would make us feel better the rest of the day, but often the best we can manage is a burger and fries grabbed on the run. We know it's important to take our vitamins and other nutritional supplements every day, but often we forget. It's not a for lack of trying that we miss the mark on trying to achieve optimal health. Mostly, it's lack of time, and lack of convenience.

POT OF GOLD (IN A BOTTLE)

What if there were a nutritional health supplement that effectively put good health at our fingertips - all the good stuff we need but typically don't get enough of from our daily diet - things like vitamins, minerals, antioxidants, plant nutrients, essential fatty acids and amino acids, and fiber?

And what if that product not only helped increase our energy levels and reduce fatigue, but also boosted our immune system, helped improve mental function, supported healthy metabolism, and even helped with healthy weight loss?

Wouldn't it be great?

Such a product is no myth. In fact,

it's here, and it's as good as you wish it were - probably even better.

IT TASTES GOOD, TOO!

Remember when you were a little kid and you couldn't wait to get your daily vitamin pill because it always tasted so good and came in a cool package? It seemed to be the best of both worlds - you knew it was good for you and something you had to have every day to stay healthy. But it tasted like candy! Usually stuff that tasted that good wasn't actually good for you. What a terrific combination!

Well, just when you thought your fun vitamin days were gone for good, along comes a sensational new product that is not only great for your health, but it also tastes great AND it comes in cool, high-tech packaging. It's an easy to use liquid - no pills to swallow - plus, it has chocolate in it (well, Aztec cocoa extract, but more about that later).

Néctavida from Healing America is, quite simply, a revolutionary new broad-spectrum Super Supplement. As its name implies, Néctavida (the nectar of life) is the complete package, containing an extensive mix of nutrients essential for good health, from vitamins and minerals, to antioxidants, fiber, and protein. In fact, it contains more than 120 different vitamins, minerals, and phytonutrients. The benefits of these ingredients are documented in over 340,000 published studies.

Néctavida is easy to use - just enjoy one ounce each day. You can take it straight or mix it with water or juice - it's great for the whole family! One of Néctavida's best features, aside from its sheer health benefits, is the revolutionary packaging. It's actually bottled as a powder. You add water when you're ready to begin using it. This not only reduces shipping costs, but it also helps maintain a longer shelf life - without preservatives or the need for pasteurization, which can significantly reduce potency.

Let's take a look at impressive list of ingredients in this comprehensive supplement:

Vitamin A (Beta Carotene)

Found in such foods as liver and kidney, egg yolks, butter, cod liver oil, and fortified dairy products, vitamin A is a fat-soluble vitamin that is part of a family of compounds including beta-carotene and retinal. It is needed by all body tissues for healthy growth and the repair of damage. It helps boost the immune system, create healthier skin, and improve eye health.

Vitamin C

Also known as ascorbic acid, vitamin C is needed by the body for scores of vital metabolic functions. It is the most popular single nutrient supplement. Good food sources include citrus fruits and many other fruits and vegetables like strawberries, tomatoes, broccoli, and cantaloupe. Vitamin C is a key antioxidant, helping prevent free-radical tissue damage. It appears to help in the prevention of infections by strengthening cell walls so viruses have a more difficult time gaining entry to the cells. It also supports immune function, promotes wound healing and helps restore the antioxidant potential of vitamin E.

Vitamin D

A fat soluble vitamin that can be manufactured by the body itself (in the skin in response to exposure to ultraviolet light), vitamin D is required for calcium absorption and maintenance of calcium levels in the blood. It is necessary for healthy bone development and avoidance of osteoporosis.

Vitamin E

Vitamin E is a potent antioxidant that protects cell membranes from free radical damage. It also boosts immune system function and aids in wound healing. It appears to offer protection from cardiovascular disease and cancer. Good food sources include vegetable oils, nuts, seeds, avocados and wheat germ. The Vitamin E in Néctavida is top grade in the natural, most bioavailable form.

Vitamin B-1 (thiamine)

This water-soluble vitamin can be found in food sources like nuts, liver, brewer's yeast, and pork. It plays a significant role in carbohydrate metabolism and nerve function. Vitamin B-1 helps increase cellular energy production and supports memory function.

Vitamin B-2 (riboflavin)

A crucial component in converting food into energy, vitamin B-2 helps increase energy, decrease fatigue, improve concentration and stabilize moods. Vitamin B-2 also acts as a coenzyme for a number of metabolic processes like red blood cell formation and nervous system function.

Vitamin B3 (Inositol HexaNiacinate)

Vitamin B3 plays a major role in helping the body release energy from

carbohydrates, fats, and proteins. It is involved in proper functioning of over 200 metabolic enzymes, and plays positive roles in lipid profile, sugar/insulin metabolism, circulation and arthritis symptoms. The form of niacin/Vitamin B3 in Néctavida is one of the easiest on the body - it is "non-flush" (for those familiar with one of the common effects of niacin supplementation).

Vitamin B-6 (pyridoxine)

Vitamin B-6 functions as a co-factor for some 70 different enzyme systems dealing largely with amino acid and protein metabolism. It is a strong supporter of mood and nervous system function, since it is heavily involved in the synthesis of neurotransmitters in the brain and nerve cells. Along with folic acid and vitamin B-12, vitamin B-6 helps reduce plasma levels of homocysteine, an amino acid metabolite linked to an increased risk of atherosclerosis (clogging of arteries).

Vitamin B-12

Vitamin B-12 is found in food products with an animal origin, as well as fermented vegetable products like miso. That's because it is only produced by bacteria. It helps improve memory and concentration, increases energy, and may also help reduce heart disease risk.

Pantothenic Acid (vitamin B-5)

Playing an essential role in the production, transport, and release of energy from fats, pantothenic acid can be found in good quantities in such food sources as liver, yeast, and salmon. It can help increase energy and exercise performance, and may help improve cholesterol and triglycerides profiles.

Folic Acid (vitamin B-8)

The link between folic acid and healthy pregnancy and births is probably well known to most people by now. Deficiencies have been linked to low birth weight and neural tube birth defects. Folic acid plays an important role in DNA and RNA synthesis and helps with the production of red blood cells and nervous system function. The best dietary sources are dark green leafy vegetables, oranges and orange juice, brewer's yeast, peas, and beans. It also appears to help promote cardiovascular health through regulation of homocysteine levels.

Biotin

Biotin is a critical co-enzyme for energy production and the proper metabolism of fats, carbohydrates, and proteins. It helps increase energy level, strengthens hair and nails, and promotes healthy lipid profile and carbohydrate metabolism.

Zinc (Methionate)

Zinc is a trace mineral that functions as part of about 300 enzymes and plays a role in virtually all biochemical and physiological processes. It is important for wound healing, immune system support, prostate health, male fertility and normal carbohydrate metabolism.

Selenium (Selenomethionine)

This antioxidant trace mineral helps control the free radical damage that can result from normal oxidative metabolism. It is essential for normal functioning of the immune system and thyroid gland. It supports skin health, male fertility and healthy prostate function. It may help diminish the impact of cardiovascular disease, arthritis, asthma and macular degeneration.

Copper (Glycinate)

Copper is a mineral necessary for the absorption and utilization of iron. It is also needed for the production of ATP, the source of energy at the cellular level. Copper helps provide anti-inflammatory effects that may reduce pain from all types of arthritis. It works with vitamin C to form collagen, serves as part of an important antioxidant enzyme system, and supports thyroid function. Copper deficiency can result in anemia and lipid profile (cholesterol and triglyceride) abnormalities.

Manganese (Citrate)

This is a trace mineral that is essential to many enzyme systems. It is involved in energy production, protein and cholesterol metabolism, bone formation and synthesis of the neurotransmitter L-dopamine. It is important for proper digestion, as an enzyme co-factor.

Molybdenum (Citrate)

This trace mineral is a vital part of enzyme systems involved in uric acid metabolism, iron utilization and carbohydrate metabolism. It also appears to counteract several cancer-causing chemicals.

Chromium (Niacinate)

Chromium is an essential trace mineral that aids in glucose metabolism, regulation of insulin levels, and the maintenance of healthy cholesterol levels. Chromium deficiency disturbs normal insulin function.

Choline (Bitartrate)

Choline is one of the hardest workers of the Néctavida ingredients. It not only preserves cell membrane integrity, but it also facilitates lipotransport -- the movement of fats in and out of cells. Choline actually

helps the body burn fat, and as it increases fat metabolism, it can help improve blood lipid profiles. But the essential nutrient choline has another claim to fame. It is referred to as "the memory vitamin." It's an important part of the primary neurotransmitter, acetylcholine, promoting normal brain development and helping improve memory. It also helps increase energy and delay fatigue.

Inositol

Found primarily in nuts, beans, wheat, and cantaloupe, Inositol is the part of the Vitamin B complex that works to support healthy cell membranes. It has been shown to improve nerve signal transmission and help with transport of fats.

PABA

You might associate PABA most with its use as an effective sunscreen, but when ingested as part of a nutritional supplement regimen, this essential nutrient packs a wallop. It has been shown to improve the action of cortisone. By helping reverse the accumulation of abnormal fibrous tissue, it may offer amelioration of some connective tissue disorders. PABA also appears to support female fertility.

Trimethylglycine (TMG or Betaine)

TMG is a compound that works in conjunction with choline, folic acid, Vitamin B-12, and SAME as a "methyl donor." That means it is able to donate methyl molecules to support many metabolic processes, including proper liver function, cellular replication and detoxification reactions. It helps the liver process fats and helps protect the both the liver and kidneys from toxic damage. TMG also helps reduce levels of the metabolic waste product homocysteine, thereby discouraging athero-

sclerosis and osteoporosis.

Atlantic Kelp

Atlantic kelp is a rich source of the trace mineral iodine, and thus supports healthy thyroid function.

Omega 3, 6, and 9 Fish Oil

This is a source of essential fatty acids that have been shown to support cell membrane integrity, regulate inflammation and promote cardiovascular health. They also appear to help enhance mood.

Whey Protein Concentrate

Whey Protein Concentrate offers the highest yield of protein currently available, with the added benefit of immune-boosting properties and easy absorption. It's a high-quality, low fat source of essential amino acids that is more biologically active than other proteins.

Soluble Fiber

The soluble fiber in Néctavida keeps the digestive tract moving normally and may help reduce the risk of colon cancer. It tends to reduce the reabsorption of bile, which can help with maintenance of a healthy lipid profile. It also serves as a prebiotic, supporting the growth of helpful organisms in the intestinal tract.

Pomegranate Extract

While it has historically been linked to fertility - primarily because of its numerous seeds and red color -- pomegranate can also play a role in reducing toxic damage to cells. That's because it is a rich source of ellagitannins, precursors to ellagic acid, a powerful antioxidant which promotes normal cell life cycles and reduces cell mutations.

Red Raspberry Extract (Meeker)

The Meeker Red Raspberry is the most concentrated source of ellagitannins known.

Bilberry Extract

Famed for its support of healthy vision, bilberry contains antioxidants called anthocyanadins that particularly target free radical damage in the eyes, especially the small capillaries in the retina. It also helps reduce free radical damage to the lens of the eye. Bilberry's constituents help strengthen capillaries throughout the body, which can reduce bruising and promote better wound healing.

Coated Trace Mineral Complex

As the name implies, Trace Minerals are needed only in minute quantities by the body. But that doesn't diminish their significance to good health. They're necessary for proper enzyme function to facilitate cellular chemical reactions, and they are part of DNA, our genetic material. Trace Minerals are required for proper body function, healthy growth and development, and the strengthening of body tissues.

Green Tea Extract

Green tea is one of the most frequently consumed beverages in the world, second only to water. Its health benefits have been recognized for centuries throughout Asia. There are a number of active compounds in green tea, including tannins. Another is EGCG -- short for Epigallocatechin Gallate, a powerful antioxidant found in high concentration in green tea. It is more than 200 times more potent than vitamin E in taking out the free radicals that destroy lipids (or fats) in the brain. It has many other health benefits as well, and scientists have found that it supports healthy immune function, promotes cardio-

vascular health and enhances proper metabolism.

Quercetin

Quercetin is an antioxidant known as a bioflavonoid. It is particularly helpful in shoring up cell walls against free radical attack. Quercetin exhibits some antihistamine-like activity. It can help strengthen blood vessels, improve metabolism and promote eye health.

Grape Seed Extract

The antioxidants in Grape Seed Extract are similar to those in green tea. In fact, the proanthocyanidins found in grape seeds are some of the most potent antioxidants found in nature. In addition to its free radical scavenging duties, Grape Seed Extract works to improve blood vessel strength, reduce inflammation and swelling, and promote eye health. It also works with vitamin C to re-energize vitamin E in the body - yet another powerful antioxidant.

Resveratrol

This antioxidant and anti-inflammatory phytochemical helps reduce arterial clogging, and it supports healthy immune and heart function.

Tropical Fruit Blend

Néctavida's tropical fruit blend is a concentrated source of a variety of antioxidants and phytochemicals, from sources such as aloe vera, noni, mangosteen and goji berry.

N-Acetyl-Cysteine

N-Acetyl-Cysteine (NAC) comes from the amino acid cysteine. The body produces it, but it can also be found in food sources. NAC works with glutamic acid and glycine to convert cysteine into glutathione, the body's most powerful cellular antioxi-

dant. Since glutathione can't be taken by mouth without being destroyed, this precursor is the best option for boosting glutathione in the body. NAC also significantly boosts immune function, and it can help the body detoxify chemicals and heavy metals.

N Acetyl L-Carnitine

Similar in function to L-Carnitine, which enhances endurance, increases fat metabolism, improves lipid profile, protects and strengthens the heart, and provides antioxidant protection of nerve cells, N Acetyl L-Carnitine is much more absorbable and readily usable by the body. L-Carnitine has also shown some clinical promise in helping improve brain function in people with neurodegenerative disorders.

Aztec Cocoa Extract

Recent research has been showing more and more clearly the link between chocolate and good health! In fact, the origin of chocolate, the cocoa bean, contains powerful antioxidants - polyphenols - that can significantly improve cardiovascular health. Néctavida's Aztec Cocoa Extract works to support the nervous system, generate a sense of well-being, promote fat burning and improve energy levels.

PUTTING IT ALL TOGETHER

Now that you've seen what the powerful mix of ingredients in Néctavida can do to lead you down a path of better health, it should be clear to you that this simple bottle does, indeed, contain the "nectar of life." What you need to live healthier, resist the disease and degeneration often caused by our constant exposure to environmental toxins, and have loads of energy and mental clarity - it's all right there in a single,

easy-to-use, great-tasting Super Supplement.

In short, Néctavida is your recipe for more productive, healthy, happy days. Plus, Néctavida works in conjunction with the other Healing America supplements to keep you at your optimal level of health. When good health is as easy as all this, it hardly makes sense not to go for the gold standard!

CAUTIONS

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease, but rather is a dietary supplement intended solely for nutritional support.

SOURCES

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