

News Of Nutrition

The Benefits Of Berries—In A Shot Glass

(NAPSA)—Recently, a new study led by UCLA's Center for Human Nutrition showed that berries of all kinds—such as raspberries, blueberries and blackberries—can help to provide your body with the defense it needs to protect against various forms of cancer. The study went on to identify that berries can be an excellent approach to inhibit the promotion and progression of carcinogenesis and to remove genetically damaged cells from the body.

Although berry sales have skyrocketed by up to 130 percent, buying whole berries may not be the only way to get your “berrylicious” health-promoting goodness into your body.

A South Pacific berry called noni has long been highly regarded for its health properties. Noni juice supports your immune system, delivers superior antioxidants that help rid the body of harmful free radicals, increases energy and allows greater physical performance levels. Ancient tradition and modern research both testify to the power of noni, a must for those concerned with overall health and wellness. In fact, research has shown that the juice can promote weight loss, lower stress and help you achieve an overall sense of well-being.

Scientists measure the antioxidant potency in foods by measuring the Oxygen Radical Absorbance Capacity of the food to create its ORAC rating. Noni juice has a higher ORAC rating than pomegranate, grape, raspberry, strawberry or blackberry juice. Power Noni from Tahiti Trader is a powerful blend of antioxidant-rich berry concentrates, with the added antioxidant benefit



A South Pacific berry called noni supports your immune system and delivers superior antioxidant protection.

of noni. It is an easy, tasty, natural way to get your berries and good health all in one drink. Power Noni delivers a high concentration of berry antioxidants in a delicious, ready-to-drink juice.

The all-natural, USDA-certified, Organic Power Noni formula contains no pesticides or fertilizers that many berries contain. This high-ORAC antioxidant juice contains more than 60,000 ORAC units per bottle. Just 2 ounces of Power Noni, a “power shot,” delivers more antioxidant protection than the recommended daily allowance of five servings of fruits and vegetables or eight 8-ounce glasses of orange juice, topping the antioxidant value that berries alone don't always provide.

Power Noni is available in health food stores and retailers.