

# RedALERT™

## Phytonutrient-Antioxidant Energy Drink

**Boost Your Energy When You Need It Most...Naturally!**

**RedALERT™ IS NOT ONLY GREAT TASTING...IT'S GREAT FOR YOU TOO!**

**Every Scoop Contains The Antioxidant Power Of 10+ Servings Of Fruits and Vegetables!**

RedALERT™ is the perfect solution for THE ENTIRE FAMILY!

Kids LOVE the taste...and for the "kid" in adults, it's a perfect energy boosting companion to **GreensFIRST!**

If you're a busy professional or "on the go" parent, RedALERT™ provides a delicious and convenient way to ENJOY many of the phytonutrient and antioxidant benefits of a fruit and vegetable rich diet...everyday!

RedALERT™ is **GUARANTEED DELICIOUS**, or your money back!

- ▶ **NO Caffeine**
- ▶ **NO Gluten**
- ▶ **NO Dairy**
- ▶ **NO Wheat**
- ▶ **NO MSG**
- ▶ **NO Soy**
- ▶ **NO Sugar Added**
- ▶ **Contains Certified Organic Fruits and Vegetables**



**EXPERTS AGREE THAT ADDING FRUITS AND VEGETABLES TO YOUR DIET MAY HELP:**

- ▶ **Boost Energy**
- ▶ **Balance Blood Sugar**
- ▶ **Decrease Cravings**
- ▶ **Improve Immune Function**
- ▶ **Support Weight Management**
- ▶ **Alkalize & Balance pH**

Only 30 calories and 2 grams of carbohydrates per serving.

Contains a proprietary Probiotic Blend for healthy digestion.

This special **Anti-Aging Formula** contains no added stimulants or sugar.

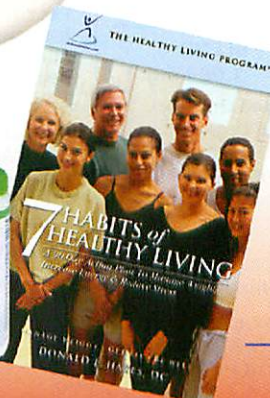
Dream PROTEIN™



Greens FIRST™



Complete ESSENTIALS™  
Omega 3-6-9



7 Habits of Healthy Living Book

RedALERT™ can be used in conjunction with the other "whole food" products in the Healthy Living Kit™.

**VITAL LIVING PRODUCTS**

# Read What The Experts Say:

## ANTIOXIDANT AND ANTIPROLIFERATIVE ACTIVITIES OF COMMON FRUITS.

**Sun J, Chu YF, Wu X, Liu RH.**

Department of Food Science, Cornell University, Ithaca, New York 14853-7201, USA.

Consumption of fruits and vegetables has been associated with reduced risk of chronic diseases such as cardiovascular disease and cancer. Cranberry had the highest total antioxidant activity (177.0 +/- 4.3 micromol of vitamin C equiv/g of fruit), followed by apple, red grape, strawberry, peach, lemon, pear, banana, orange, grapefruit, and pineapple. A bioactivity index (BI) for dietary cancer prevention is proposed to provide a new alternative biomarker for future epidemiological studies in dietary cancer prevention and health promotion. *J Agric Food Chem.* 2002 Dec 4;50(25):7449-54.

## PLANT-BASED FOODS AND PREVENTION OF CARDIOVASCULAR DISEASE

**Hu FB.**

Department of Nutrition, Harvard School of Public Health, Boston, MA 02115, USA.

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Evidence from prospective cohort studies indicates that a high consumption of plant-based foods such as fruit and vegetables, nuts, and whole grains is associated with a significantly lower risk of coronary artery disease and stroke. The protective effects of these foods are probably mediated through multiple beneficial nutrients contained in these foods, including mono- and polyunsaturated fatty acids, n-3 fatty acids, antioxidant vitamins, minerals, phytochemicals, fiber, and plant protein. Such diets, which also have many other health benefits, deserve more emphasis in dietary recommendation to prevent chronic diseases.

*Am J Clin Nutr.* 2003 Sep;78(3 Suppl):544S-551S.

## The Health Benefits of Fruits and Vegetables

**Diane Hyson, Ph.D., M.S., R.D.**

"... the current evidence collectively demonstrates that fruit and vegetable intake is associated with improved health, reduced risk of major diseases, and possible delayed onset of age related indicators."

*Diane Hyson, Ph.D., M.S., R.D. The Health Benefits of Fruits and Vegetables: A Scientific Overview for Health Professionals*

Supplement Facts		Amount Per Serving %DV	
Serving Size 8.05 g (1 Scoop)		<b>SUPER ANTIOX™ FRUIT BLEND -</b>	
Servings Per Container: 30		<b>Proprietary 5,805 mg †</b>	
Amount Per Serving		Red Raspberry Powder (Certified Organic), Strawberry Powder (Certified Organic), Cranberry Powder (Certified Organic), Cherry Powder (Certified Organic), Blackberry, Plum (Red or Black), Pomegranate Powder (Certified Organic), Blueberry Powder (Certified Organic), Pear, Apple Pectin, Mango Powder (Certified Organic), Papaya, Watermelon, Blood Orange, Peach, Red Currant, Elderberry, Pineapple, Grape Seed Ext (95%), Noni, Bilberry, Kiwi, Guava.	
<b>Calories 19</b>	Calories from Fat 2	Acerola 450 mg †	
% Daily Value*		Rice Bran 225 mg †	
<b>Total Fat &lt;1 g</b>	<2%	Flax Seed 200 mg †	
Saturated Fat <.25 g	1.3%	<b>HEALTHY DIGEST™ PROBIOTIC BLEND - Proprietary 200 mg †</b>	
<b>Cholesterol 0 g</b>	0%	LACTOBACILLUS ACIDOPHILUS, LACTOBACILLUS CASEI, LACTOBACILLUS RHAMNOSUS, LACTOBACILLUS PLANTARUM, BIFIDOBACTERIUM BREVE, BIFIDOBACTERIUM LONGUM.	
<b>Sodium 14 mg</b>	.6%	<b>POLYGONUM CUSPIDATUM 15 mg †</b>	
<b>Total Carbohydrates &lt;4 g</b>	1.4%	(RESVERATROL 25%)	
Dietary Fiber 1.2 g	4.1%	<b>ASTAXANTHIN 1 mg †</b>	
Sugars <3 g	†	* Percent Daily Values are based on a 2,000 calorie diet.	
<b>Protein &lt;1 g</b>	<1%	† Daily Value not established	
Amount Per Serving %DV			
<b>VEGETABLE POWER™ BLEND - Proprietary 1,085 mg †</b>			
Carrot Powder (Certified Organic), Beet Powder (Certified Organic), Tomato Powder (Certified Organic), Broccoli Powder (Certified Organic), Spinach Powder (Certified Organic), Lycopene, Lutein.			

Other Ingredient: Lo Han

**NO GLUTEN, CORN, SOY, EGG, WHEAT, YEAST, CITRIC ACID, GMO, MSG, ARTIFICIAL COLOR, ARTIFICIAL FLAVORS OR PRESERVATIVES.**

**Suggested Usage:** Mix one level scoop (provided in the bottle) with 6-8 ounces of cold water. Stir briskly or shake in a closed container. Enjoy one or more times each day.

### THIS FORMULA MAY HELP TO:

- ▶ Boost Energy
- ▶ Balance Blood Sugar
- ▶ Decrease Cravings
- ▶ Improve Immune Function
- ▶ Support Weight Management
- ▶ Alkalize & Balance pH

Developed and Distributed by:

**Doctors For Nutrition, Inc.**

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These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.