



# NingXia Red

## and the Power of Wolfberry

The Wolfberry thrives in the Ningxia province of China. The nutrient rich soil and the fresh mountain air guarantee nearly perfect conditions for the plant to blossom. Wolfberries grown in Ningxia are the most nutritionally dense food on this planet, containing:

- 19 amino acids, including 8 that are essential for life.
- 21 trace minerals, including germanium, a trace mineral rarely found in foods.
- More protein than whole wheat.
- A complete spectrum of antioxidant carotenoids including beta-carotene and zeaxanthin (protects the eyes). Gram for gram, Wolfberry is the richest source of carotenoids!
- More vitamin C than oranges.
- Vitamin E, which is rarely found in fruits.
- B-complex vitamins, needed to convert food into energy.
- Beta-Sitosterol, an anti-inflammatory agent.
- Essential Fatty Acids.
- Cyperone, a sesquiterpene.
- Solavetivone, a powerful anti-fungal and anti-bacterial agent.
- Physalin, which boosts the immune system.
- Betaine, which is used by the liver to produce choline.
- Bioactive polysaccharides, called proteoglycans.
- 4 unique polysaccharides not found in any other plant substance on earth.

The Ningxia Wolfberry, rich in the naturally occurring minerals of Zinc, Calcium, Germanium, Selenium, Phosphorus, Copper and Iron, is also an excellent source of antioxidant vitamins. Its polysaccharide and phytonutrient compounds work in the body to neutralize free radical cell damage. These polysaccharide "master molecules" command and control many of the body's most important defense systems and encourage good overall health in the following areas:

- **Immunity:** Wolfberries have been found to effectively treat hypertension, gastrointestinal disorders and periodontal disease.
- **Allergies:** Wolfberry is found to be effective in reducing antibodies associated with allergic reactions and in alleviating the discomforts of psoriasis.
- **Anti-Aging:** The Wolfberry's unique LBP Polysaccharide complex has been found to be highly effective in stimulating the natural secretion of human growth hormones.
- **Anti-Cancer:** Wolfberry LBP Polysaccharides have been particularly active of enhancing the production of Interleukin-2 (IL-2), a cytokine (cell protein) that induces potent cancer fighting responses in a variety of models.
- **Obesity:** Wolfberry LBP Polysaccharides enhance the conversion of food into energy, improving general metabolism and reducing body weight.

In addition to the Ningxia Wolfberry, *NingXa Red* contains other powerful anti-oxidant fruits and berries, including:

- **Pomegranate**  
and
- **Blueberry**

#### What is The Nutritional Value of Pomegranate?

Pomegranates are packed with antioxidants, including Anthocyanins and Ellagic acid. According to clinical research, Ellagic Acid may be one the most potent ways to fight cancer. Ellagic Acid, a phenolic compound, is a proven anti-carcinogen, anti-mutagen, and anti-cancer initiator. Modern studies have shown that just 2 ounces of pomegranate juice daily keeps the cardiovascular system, including arteries, plaque-free and healthy. Scientists attribute the anti-arteriosclerotic properties of pomegranates to the antioxidant polyphenols. In addition to polyphenols, Pomegranates contains several other antioxidants, including vitamin C that may contribute to its antioxidative and antiatherogenic effects. Pomegranate juice is a major source of polyphenolic flavonoids and is the most potent antioxidant protecting against LDL oxidation and atherosclerosis.

#### What is the Nutritional Value of Blueberry?

Packed with health-promoting phytochemicals, Blueberries have the power to keep you healthy. Though small in size, blueberries are packed with antioxidants that may help your body fight everything from the effects of aging to vision problems to cancer. Blueberries contain more disease-fighting, age-proofing antioxidants than practically any other fruit or vegetable, even powerhouses such as kale, broccoli, and oranges. In fact, blueberries were at the top of the list of 40 fruits and vegetables tested for their antioxidant potential. The group of substances that put the "blue" in blueberry, Anthocyanins, are probably responsible for much of the fruit's antioxidant power. Blueberries (like other berries such as blackberries) also contain ellagic acid, which as stated above, has been shown to have anti-cancer properties. Blueberries also boast a high fiber content; much of that fiber is pectin, a soluble fiber that helps lower cholesterol levels. Phyto chemicals contained in Blueberry juice are also known to relieve arthritis pain, promote urinary tract health, fight infection, aid in the prevention of heart disease and stroke, guard against Alzheimer's and neurological diseases and combat aging and short-term memory loss.