

OPTIVIDA

Complete Essentials

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Whether it is to combat obesity, increase immune health, prevent cardiovascular disease and diabetes, prevent cancer or a myriad of other negative health conditions, what is the number one piece of advice given by all dietitians and health professionals? ***Increase your intake of fruits and vegetables.***

While this bit of wisdom seems simple, we all know it is not so easy to follow.

According to the World Health Organization, ‘An estimated 5.2 million deaths worldwide were attributable to inadequate fruit and vegetable consumption in 2013.’ In fact, the WHO recommends consuming more than 400 grams (5+ servings) of fruits and vegetables per day to improve overall health and reduce the risk of disease. ¹

With our increasingly busy lives and snapchat lifestyles, taking the time to prepare healthy meals has fallen by the wayside. We seem to take more time posting pictures of healthy meals, than actually consuming them.

It can be quite challenging to ensure that our families are getting the necessary amount of fruits, vegetables and nutrients that are needed every day for optimum health. The time required to plan, shop and prepare nutrient dense meals often gets replaced by other more demanding chores on our to do lists.

Complete Essentials is a nutrient dense powdered beverage that can be enjoyed by everyone in the family – just add one scoop to 16.9 fl oz. of cold water and shake. Each refreshing serving is brimming with all the NON-GMO fruits, vegetables and other phytonutrients necessary for amazing health.

Each serving of Complete Essentials is made from:

1 Pound of Broccoli (4.5 servings of broccoli)

1 Serving of Grapes

4 servings of mixed fruits/veggies from: Lemon, Organic Kale, Pomegranate, Passion Fruit, Oranges, Parsley, Spinach, Pumpkin, Squash, Sweet Potato, Cranberries, Wild Blueberries, Strawberries, Acai, Organic Baobab Fruit, Blackcurrants, Blackberries, Pineapple, Organic Banana, Maitake Mushroom, Shiitake Mushroom, Wild Bilberries, Elderberries, Raspberries, Parsley, Mixed Citrus, Artichoke.

Those 9+ servings of fruits and vegetables provide all 21 of the essential vitamins and minerals.

As important as fruits and vegetables are to overall health, a number of clinical studies have found many other phytonutrients play a vital role in preventing disease and providing the energy our busy lifestyles require.

Enzymes

As the consumption of processed food has steadily risen, the intake of raw, fresh fruits and vegetables has equally declined. It is not only the vitamins and minerals we are processing out of our foods, but the natural enzymes they provide as well. Enzymes are most often proteins that originate from living cells (plant and animal) that produce chemical changes in organic substances by catalytic action. Digestion is one of those catalytic actions.

Raw fruits and vegetables contain enzymes that are activated when you eat them. Those enzymes help you digest and absorb the nutrients in your foods. Unfortunately, cooking and processing foods destroys their enzymes, making it more difficult to fully digest and assimilate all of the nutrients provided by those foods.

Our bodies also produce enzymes to help digest consumed foods, however, many factors in our lives affect the production of enzymes. Aging, certain medications, health conditions, rushed eating all contribute to the body's declining enzyme production.

Eating foods with little or no enzymes and insufficient digestive enzyme production are contributing factors to many digestive disorders. According to the National Institutes of Health and the National Institute of Diabetes and Digestive and Kidney Disorders, 60 to 70 million people suffer from some type of digestive disorder, leading to nutrient deficiencies and disease. 2

Supplemental plant enzymes have been found to not only improve digestion, but to also help flush out toxins, act as anti-inflammatory agents, increase nutrient absorption, and have some immune boosting and anti-carcinogenic effects. 3,4,5

Complete Essentials contains over 20 plant derived enzymes for optimal digestion, targeting difficult to digest proteins, Gluten and Casein.

Probiotics

Probiotics (good bacteria) are now one of the fastest growing categories in the supplement industry and with good reason. Numerous peer reviewed studies have clearly shown multiple benefits from probiotic supplementation, from improved immunity to weight loss and beyond.

Complete Essentials' probiotic blend was founded on four decades of pioneering research, resulting in over 200 technical papers published in peer-reviewed journals, eighty focusing on probiotics alone.

Our probiotic blend was formulated utilizing proprietary manufacturing processes to ensure probiotics of the highest quality, stability and efficacy.

Complete Essentials' probiotic blend not only includes superior strains like *L. acidophilus* DDS-1 but is also coupled with the incorporation of proprietary cryoprotectant agents and stabilizers specifically designed to protect the organisms and enhance overall stability.

Complete Essentials' Probiotic blend contains 2.5 Billion CFUs per serving from 15 strains of probiotics:

- ***Bifidobacterium breve*** – helps reduce serum glucose, improve insulin sensitivity, reduces serum lipids, has anti-inflammatory effects, and acts as an anti-microbial.

- **DDS1 *Lactobacillus acidophilus*** – produces enzymes necessary for the digestion of proteins, fats, and lactose (milk sugar); synthesizes vitamin K and specifically inhibits E.coli; reduces diarrhea, urinary, and vaginal infections; enhances calcium metabolism; and reduces cholesterol levels.
- ***L. brevis*** – helps maintain bowel function, improves immunity against the flu virus, acts as an anti-allergic, and helps reduce cholesterol and fatty liver.
- ***B. bifidum*** – produces vitamins B1, B6, B12 and folic acid and amino acids; inhibits pathogens such as salmonella, shigella, clostridium difficile, staphylococcus aureus, and camptyllobacteri jejuni.
- ***L. paracasei*** – supports immune function, protects against candida albicans infection, improves gut health and helps prevent plaque regrowth.
- ***Bacillus coagulans*** – produces digestive enzymes and antioxidants, and acts as an antibiotic against drug resistant bacteria.
- ***L. reuteri*** – helps maintain gastro-intestinal health, helps reduce the incidence of colic, synthesizes vitamin B12, helps inhibit candida albicans, and acts as an anti-microbial.
- ***B. longum*** – may aid in the treatment of ulcerative colitis, have anti-inflammatory effects, and help reduce gastro-intestinal distress.
- ***L. bugarius*** – produces beta-galactosidase, the enzyme needed to digest lactose (milk sugar); prevents the growth of salmonella and E. coli; has anticarcinogenic and antitumor characteristics; and produces lactic acid, which acts as an antibiotic in the gastrointestinal tract.
- ***L. plantarum*** – produces enzymes necessary for the digestion of carbohydrates and proteins; and produces lactic acid, the body's natural antibiotic.
- ***L. rhamnosus*** – functions as an antioxidant; stimulates immune function; and aids in the digestion of carbohydrates.
- ***L. salivarius*** – produces the B vitamins, vitamin K, digestive enzymes, and lactic acid. It also inhibits many types of food poisoning.
- ***B. lactis*** – has an inhibitory effect against H. pylori, helps maintain bowel function, and supports immune function.
- ***S. thermophilus*** – produces beta-galactosidase, the enzyme needed to digest lactose (milk sugar) and has many anti-tumor properties; protects the body against salmonella and E. coli.
- ***L. casei*** – promotes inhibition of tumor cells, supports gut health and has anti-inflammatory effects.

✓ VFV also provides 2000 + milligrams of Probiotic promoting, nutrient optimizing Prebiotics

Greens

Greens are complete, nutrient dense foods. A rich source of chlorophyll, greens provide vitamins and minerals and protein -- all things necessary to keep the body healthy and primed to fight off invading bacteria and viruses. 6,7,8

An acidic pH is favored by many harmful bacteria and viruses. An acidic environment is the perfect environment for disease and infection to form and grow. Greens are generally alkaline - they are the most alkaline of all foods. Raising the body's pH by consuming alkaline foods is one of the best ways to boost the immune system. 9

The **Complete Essentials** proprietary blend of eight greens, grasses and phytonutrients was specifically chosen to gently and safely cleanse the body on a daily basis, while supporting the immune system and the body's own natural detoxification mechanisms.

Antioxidants & Phytonutrients

Decades of research have also supported the addition of antioxidants and botanicals to our daily intake. Antioxidants are molecules that help stabilize highly reactive free radicals from causing oxidative damage to cells in our bodies. Free radical damage is often linked to aging and disease.

Free radicals are unstable electrons produced by natural mechanisms in the body but also as a result of exposure to environmental factors – pollution, processed foods, disease, medications, smoking, alcohol and other types of stress.

Antioxidants and other health promoting compounds are most often found in fruits, vegetables, herbs, spices and botanicals.

Complete Essentials contains antioxidants and phytonutrients from a number of whole foods, spices, herbs and botanicals.

- Chia Seed – excellent source of omega 3 fatty acids, helps lower blood pressure, improves satiety, assists in maintaining normal blood glucose levels and helps lower the risk of cardiovascular disease.
- Flaxseed – rich in omega 3 fatty acids, high in fiber and supports healthy cholesterol levels.
- Aloe Vera – supports healthy cholesterol levels, assists in lowering blood glucose levels, improves skin health and supports the digestion.
- Licorice Root – supports the respiratory system, soothes the stomach, stimulates the adrenal gland and enhances bile production.
- Parley Leaf – rich source of antioxidants, supports kidney function, can act as a diuretic, helps boost metabolism, has anti-inflammatory effects, aids hormonal balance and improves insulin sensitivity.
- Ashwagandha Extract – acts as an adaptogen, supports immune function, enhances mood, has anti-inflammatory effects and may lower blood pressure.
- Curcumin (Turmeric) Root and Extract – potent antioxidant, acts as an anti-inflammatory, anti-arthritis, reduces joint pain, inhibits cancer growth, improves brain function and protects against Alzheimer's and related conditions.
- Cinnamon Extract – contains potent antioxidant compounds, demonstrates a superior ability to reduce fasting insulin, glucose, hemoglobin A1C, total cholesterol, and LDL cholesterol and enhances insulin sensitivity.
- Citrus Bioflavonoids - potent antioxidant, improves vascular flow and has anti-inflammatory effects.
- Ginger – aids in digestion, reduces stomach upset and nausea, reduces arthritis, muscle and joint pain, may lower blood sugar and cholesterol levels.

- Cocoa – high in antioxidants, may lower blood pressure, increases blood circulation, supports learning and memory, improves insulin sensitivity, promotes healthy cholesterol levels and has mood enhancing effects.
- Peppermint Leaf – helps with stomach upset and indigestion, reduces stomach cramping in irritable bowel, reduces nausea, inhibits histamine production in allergies, supports a healthy respiratory system and has anti-inflammatory properties.
- Rose Hips – high in vitamin C, supports gastro-intestinal function, improves immune health, high in antioxidants and has anti-inflammatory effects.
- Hops Flower – promotes sleep, high in antioxidant flavonol compounds, anti-viral, supports brain health and may have anti-tumor effects.
- Orange Peel – potent antioxidant, high in vitamin C, supports healthy cardiovascular function, anti-inflammatory, reduces the effects of carcinogens and supports healthy metabolism.
- Garlic – lowers bad cholesterol, has anti-viral effects, high in antioxidants, may lower blood pressure, reduces atherosclerosis (plaque build up), improves insulin sensitivity, inhibits tumor growth, detoxifying effects, and has anti-inflammatory properties
- Cayenne Fruit – helps reduce joint and muscle pain, potent antioxidant effects, supports healthy digestion, linked to weight loss and fat reduction and improves circulatory health.
- Fennel Seed – supports a healthy digestive system, reduces gas and bloating, supports heart health, high in antioxidants, inhibits tumor growth and supports respiratory function.
- Black Pepper Extract – enhances nutrient absorption and utilization, improves digestion, supports fat metabolism, acts as an expectorant in upper respiratory conditions and has anti-bacterial effects.
- Bacopa Monnieri Extract – acts as an adaptogenic, supports brain health, anti-depressant effects, may improve mental control and memory in those suffering from ADHD and other neurological conditions.

Optivida Complete Essentials provides:

- ✓ No added Sugars and <1 gm of sugar per serving
- ✓ 40 kcal per serving
- ✓ 21 Essential Vitamins and Minerals from Non-gmo fruits & vegetables – no chemically synthesized vitamins or minerals
- ✓ No synthetics, no artificial colors, no artificial flavors, no artificial sweeteners, no preservatives
- ✓ Made from over 1 pound of broccoli and 26 other fruits and vegetables

- ✓ 8 Detoxifying and Alkalinizing Greens, Grasses and Phytonutrients
- ✓ Over 20 plant derived Enzymes for optimal Digestion, targeting difficult to digest Proteins, Gluten and Casein
- ✓ 2.5 Billion CFU per serving from 15 strains of probiotics founded on four decades of pioneering research
- ✓ 2000 + milligrams of Probiotic promoting, nutrient optimizing Prebiotics
- ✓ 22 Whole Food Antioxidants and Botanicals

Complete Essentials is truly a one of a kind whole food supplement, addressing all of the body's needs in a delicious and refreshing beverage. For a product that needs to appeal to children as much as their parents, taste is as important as efficacy. Luckily, the Optivida team had plenty of testers available. From our table to yours, please enjoy!

References

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