

Organic Super Foods



ND FORMULAS

Clinical Applications

- Provides Nutrient-Dense Superfoods, Fiber, Probiotics, and Digestive Enzymes*
- Provides a Concentrated Source of Antioxidant-Rich Phytonutrients*
- Contains Standardized truebroc™ From Broccoli Seeds for Antioxidant and Detoxification Support*
- Promotes Optimal pH Levels in the Body*

Organic Super Foods is a convenient powdered formulation providing key nutrients to support a healthy lifestyle. This comprehensive formula incorporates an innovative blend of organic greens, vegetables, fruits, berries, phytonutrients, organic fiber sources, probiotics, and digestive enzymes. Organic Super Foods also features OxyPhyte®, a bioavailable, antioxidant-rich blend of green tea and apple extracts. In addition, truebroc™ broccoli seed extract with standardized glucoraphanin content is present to provide long-lasting antioxidant support. This nutrient-dense formula features concentrates from “superfoods” known to provide phytonutrients and antioxidants that play important roles in maintaining our health and well-being. Organic Super Foods is lactose-free and suitable for vegans.*

All ND Formulas Formulas Meet or Exceed cGMP Quality Standards

Discussion

Company Name’s Organic Super Foods is formulated to provide a convenient source of indispensable phytonutrients, antioxidants, fiber, and digestive enzymes to complement a healthy diet and lifestyle.^[1-9] A colorful blend of organic health-promoting “superfoods” have been incorporated into this all-natural greens and reds drink for their phytonutrient content and support of antioxidant activity.^[6] truebroc™ from broccoli seed extract is added for long-lasting antioxidant and detoxification support. Probiotics, fiber, and digestive enzymes augment gastrointestinal health, absorption, and utilization of nutrients in this comprehensive superfood blend. Organic flavoring and natural sweeteners (stevia and Luo Han Guo) make Organic Super Foods not only healthful but great tasting, as well.*

Organic Fiber Blend Organic gum acacia, inulin, and flaxseeds provide a total of 3 g of dietary fiber per scoop of Organic Super Foods to support gastrointestinal function and probiotic activity as well as to assure multiple health benefits from increased dietary fiber intake.*^[7]

Organic Greens and Veggies Blend Organic carrots, green cabbage, broccoli, beets, chlorella, and spinach provide concentrated sources of folate, chlorophyll, carotenoids, and a multitude of phytonutrients that promote health and fight disease.^[8,9] The greens in Organic Super Foods are naturally alkalizing. An alkaline pH is needed for optimal metabolic, enzymatic, repair, and immune functions in the body.*

Antioxidant Support Ascorbic acid, organic astragalus root, organic ginger root, and organic lycium berry extract provide an antioxidant-rich foundation to protect tissues from free-radical damage and promote cellular health. OxyPhyte® Ultra Blend (white tea leaf extract, apple fruit extract, and rosemary leaf extract) provides antioxidant support. In fact, in a preclinical bioavailability trial, results suggested that this blend increased serum antioxidant levels in human subjects.*^[10]

Organic Fruits and Berries Blend Organic apple juice powder, strawberry juice powder, sea buckthorn juice powder, açai, acerola fruit extract, plum fruit extract, and blueberry concentrates provide additional antioxidant capacity and health-promoting phytonutrients.*

truebroc™ Broccoli Seed Extract truebroc provides a concentrated source of sulforaphane glucosinolate, also known as glucoraphanin. Glucoraphanin is a phytochemical precursor to sulforaphane, a naturally occurring isothiocyanate in broccoli that supports and promotes antioxidant and detoxification activity.^[11,12] Scientists at Johns Hopkins University School of Medicine identified glucoraphanin (GR) and sulforaphane (SFN) as the “missing links” that correlate a diet rich in cruciferous vegetables with the maintenance of good health. Broccoli sprouts and seeds provide higher concentrations of GR than the mature vegetable.^[13,14] Glucoraphanin is converted to SFN via the action of myrosinase, an enzyme in broccoli that is released during chewing, cutting, or slicing. Microorganisms can also convert GR to SFN; the presence of probiotics and broccoli in Organic Super Foods may enhance this conversion in the body. Research suggests that GR and SFN provide long-lasting antioxidant and detoxification support that may improve overall health and well-being.*

Digestive Support Blend Probiotic organisms *L acidophilus*, *B longum*, *L casei*, and *L rhamnosus* are present to maintain a healthy gastrointestinal microflora. A healthy microflora provides gastrointestinal and immune support and helps to moderate and eliminate pathogenic bacteria. Digestive enzymes (protease, amylase, bromelain, cellulase, lactase, papain, and lipase) in Organic Super Foods assist in the breakdown of carbohydrates, fats, proteins, and lactose to enhance nutrient digestion and availability.*

Organic Super Foods can be consumed by itself or as an accompaniment to any smoothie or protein drink. The inclusion of phytonutrient-rich superfoods, OxyPhyte Ultra Blend, and truebroc creates an innovative and ideal formula for antioxidant support.*

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

Distributed by:
ND Formulas
2308 Bellmore Avenue
Bellmore, NY 11710
www.ndformulas.com



Supplement Facts

Serving Size: 1 Scoop (about 8 g)
Servings Per Container: About 30

	Amount Per Serving	%DV
Calories	30	
Total Carbohydrate	7 g	3%†
Dietary Fiber	4 g	14%
Total Sugars	1 g	**
Vitamin C (as ascorbic acid and ingredients with naturally occurring vitamin C)	300 mg	333%
Organic Fiber Blend (organic gum acacia, organic inulin, organic flaxseed)	4.275 g	**
Organic Greens and Veggies Blend (organic carrot (<i>Daucus carota</i>)(whole carrot), organic green cabbage (<i>Brassica oleracea L. var. Capitata</i>)(whole cabbage), organic broccoli (<i>Brassica oleracea Botrytis cymosa</i>)(whole plant), organic beet (<i>Beta vulgaris</i>)(root), organic chlorella (<i>Chlorella vulgaris</i>)(whole plant), organic spinach (<i>Spinacia oleracea</i>)(whole plant))	1.28 g	**
Organic Fruits and Berries Blend (organic blueberry (<i>Vaccinium corymbosum</i>)(whole berry), organic apple (<i>Malus domestica</i>)(whole apple), organic strawberry (<i>Fragaria Spp.</i>)(whole fruit), organic sea-buckthorn juice powder (<i>Hippophae rhamnoides</i>)(fruit), organic acai (<i>Euterpe oleracea</i>)(berry), organic acerola chery extract (<i>Malpighia glabra</i>)(fruit), organic plum extract (<i>Prunus salicina</i>)(fruit))	875 mg	**
Antioxidant Phytonutrients Blend (organic green tea extract (<i>Camellia sinensis</i>)(leaf) and organic apple extract (<i>Malus sieversii</i>)(whole fruit), organic astragalus (<i>Astragalus membranaceus</i>)(root), organic ginger (<i>Zingiber officinale</i>)(root), organic goji berry extract (<i>Lycium sp.</i>)(fruit))	710 mg	**
Digestive Support* Blend (probiotics (<i>L. acidophilus</i> , <i>B. longum</i> , <i>L. casei</i> , <i>L. rhamnosus</i>) and enzymes (protease, amylase, bromelain, cellulase, lactase, lipase))	20 mg	**
Glucoraphanin (from broccoli extract)(<i>Brassica oleracea italica</i>)(seed) ^{§†}	5 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Organic flavors, organic stevia extract, and organic Luo Han Guo extract.

S1. TrueBrocc® is protected by trademarks and patents of Brassica Protection Products LLC. www.brassica.com/ip

References

- Murphy MM, Barraj LM, Herman D, et al. Phytonutrient intake by adults in the United States in relation to fruit and vegetable consumption. *J Am Diet Assoc.* 2011 Nov 9. [PMID: 22078816]
- Valko M, Leibfritz D, Moncol J, et al. Free radicals and antioxidants in normal physiological functions and human disease. *Int J Biochem Cell Biol.* 2007;39(1):44-84. [PMID: 16978905]
- Block G. Dietary guidelines and the results of food consumption surveys. *Am J Clin Nutr.* 1991 Jan;53(1 Suppl):356S-357S. [PMID: 1985410]
- Wallace TC, Guarner F, Madsen K, et al. Human gut microbiota and its relationship to health and disease. *Nutr Rev.* 2011 Jul;69(7):392-403. [PMID: 21729093]
- Willcox DC, Willcox BJ, Todoriki H, et al. The Okinawan diet: health implications of a low-calorie, nutrient-dense, antioxidant-rich dietary pattern low in glycemic load. *J Am Coll Nutr.* 2009 Aug;28 Suppl:500S-516S. [PMID: 20234038]
- American Institute for Cancer Research. <http://www.aicr.org/assets/docs/pdf/brochures/US11FactsonPreventingCancerTheCancerFightersinYourFood.pdf>. Accessed July 14, 2012.
- Anderson JW, Baird P, Davis RH Jr, et al. Health benefits of dietary fiber. *Nutr Rev.* 2009 Apr;67(4):188-205. Review. [PMID: 19335713]
- American Institute for Cancer Research. www.aicr.org. Accessed July 12, 2012.
- Merchant RE, Andre CA. A review of recent clinical trials of the nutritional supplement *Chlorella pyrenoidosa* in the treatment of fibromyalgia, hypertension, and ulcerative colitis. *Altern Ther Health Med.* 2001 May-Jun;7(3):79-91. [PMID: 11347287]
- RFI Ingredients. <http://rfiingredients.com/clinically.asp>. Accessed July 12, 2012.
- Zhang Y, Talalay P, Cho CG, et al. A major inducer of anticarcinogenic protective enzymes from broccoli: isolation and elucidation of structure. *Proc Natl Acad Sci U S A.* 1992 Mar 15;89(6):2399-403. [PMID: 1549603]
- Riedl MA, Saxon A, Diaz-Sanchez D. Oral sulforaphane increases Phase II antioxidant enzymes in the human upper airway. *Clin Immunol.* 2009 Mar;130(3):244-51. [PMID: 19028145]
- Fahey JW, Zhang Y, Talalay P. Broccoli sprouts: an exceptionally rich source of inducers of enzymes that protect against chemical carcinogens. *Proc Natl Acad Sci USA.* 1997 Sep 16;94(19):10367-72. [PMID: 9294217]
- Brassica®. <http://www.brassica.com>. Accessed July 12, 2012.

Does Not Contain

Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

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

Directions

Blend, shake, or briskly stir one level scoop (8 g) of Organic Super Foods into 6-8 fl oz chilled water, or as directed by your healthcare practitioner. Adjust amount of water to desired sweetness and/or thickness.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner.