

PhytoFood Complete



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*

*PhytoFood Complete 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. PhytoFood Complete also features 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. PhytoFood Complete is lactose-free and suitable for vegans.**

All LIFESTYLESPECTRUM Formulas Meet or Exceed cGMP Quality Standards

Discussion

LIFESTYLESPECTRUM's PhytoFood Complete is formulated to provide a convenient source of indispensable phytonutrients, antioxidants, fiber, and digestive enzymes to complement a healthy diet and lifestyle.^[1-5] 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 PhytoFood Complete 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 PhytoFood Complete 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 PhytoFood Complete 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.

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.^[10,11] 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.^[12,13] 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 PhytoFood Complete 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 PhytoFood Complete assist in the breakdown of carbohydrates, fats, proteins, and lactose to enhance nutrient digestion and availability.*

PhytoFood Complete can be consumed by itself or as an accompaniment to any smoothie or protein drink. The inclusion of phytonutrient-rich superfoods 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.**



Manufactured For:
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PhytoFood Complete



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

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Formulated To Exclude

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

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