

# PaleoReds™

*Antioxidant-rich, whole food fruit and vegetable powder*

PaleoReds™ is a delicious whole food extract powder containing cherries, strawberries, blueberries and other highly nutritious organic fruits and vegetables, with an additional 10 mg of a proprietary enzyme blend to assist in the digestion of carbohydrates, proteins and fats. One serving has the equivalent antioxidant capacity of four servings of fruit, based on the USDA-developed method for measuring antioxidant activity, known as ORAC (Oxygen Radical Absorbance Capacity). However, if someone were to eat four servings of fruits, they would also ingest an average of 60g of carbohydrates from a mix of the simple sugars glucose and fructose. PaleoReds™ was designed to be low in calories and sugar (contains only 7g of effective carbohydrates), while providing all the phytonutrients from ten powerful fruits and vegetables, including extracts from grape seed/skin and elderberry.

## Highlights

**Quality Ingredients** – PaleoReds™ powder contains 85% certified organic ingredients, including phytonutrients from blueberries and apples, while also providing 220% of the daily value of vitamin C from the Amazonian acerola cherry. Specially selected ingredients guarantee maximum potency and antioxidant protection to quench damaging free radicals.

**Who may benefit from PaleoReds™?** – PaleoReds™ can help you meet your daily requirement for fruits and vegetables while providing antioxidant protection – a tremendous benefit given the current environmental challenges and shortcomings of the modern food supply, which may increase the need for these valuable compounds.

PaleoReds™ is perfect for people who avoid or limit fruit consumption on low-carb diets because of its effect on blood sugar and insulin. It is also great for the elderly, who may have trouble chewing fruits and vegetables, and for children, who may have aversions to such foods.

## Benefits of PaleoReds™

- Easy-to-use, great-tasting powder
- Non-GMO ingredients
- 85% certified organic ingredients
- Provides nutrients from ten powerful fruits and vegetables
- 220% of the daily value of vitamin C
- Equivalent antioxidant capacity of 4 servings of fruit
- Low in calories and sugar
- Exclusive digestive enzyme blend
- Perfect for people who avoid or limit fruit consumption

## How to Use

- Mix 9 grams (approx. one tablespoon) in water per day, or as directed by your health care practitioner.
- PaleoReds™ also makes a powerful and great-tasting boost to shakes and smoothies.



\*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).

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