



MISTIFY

Synergy's **Mistify** fruit blend combines the life-giving properties of the **ACAI Fruit**

With the natural goodness and health promoting ability of:

Acai - Acai berry contains powerful antioxidants and anthocyanins, as well as a naturally occurring array of essential fatty acids, amino acids and plant sterols.

Pomegranate - The total antioxidant activity of pomegranate juice polyphenols was measured three times higher than red wine and green tea.

Cranberry - Cranberry contains a wide variety of compounds but proanthocyanidins may be responsible for their beneficial effects on the urinary tract.

Elderberry - The Elderberry may stimulate the production of cytokines, compounds that play a role in the immune response system.

Blueberry - The USDA Human Nutrition Centre ranked blueberries as the number one antioxidant of over 40 fruits and vegetables tested.

Bilberry - British pilots during World War II ate bilberries before night flights to support their vision.

Red Raspberry - Research has linked the anthocyanins in red raspberries to enhanced vision, circulation and to slow the effects of aging.

Lycium - Also called wolfberry, the Chinese have used lycium for centuries to help strengthen muscles and bone, enhance liver function and help the eyes.

Red Grape - Red grapes contain antioxidant pigments called anthocyanins and resveratrol.

Concord Grape - Purple grape juice has been shown to protect the cardiovascular system.

Five important ways **Mistify** benefits you:

- **Provides antioxidant protection against harmful free radicals**
- **Enhances mental focus**
- **Supports the immune system**
- **Promotes increased vigor and greater energy**
- **Helps support cardiovascular and digestive tract health**

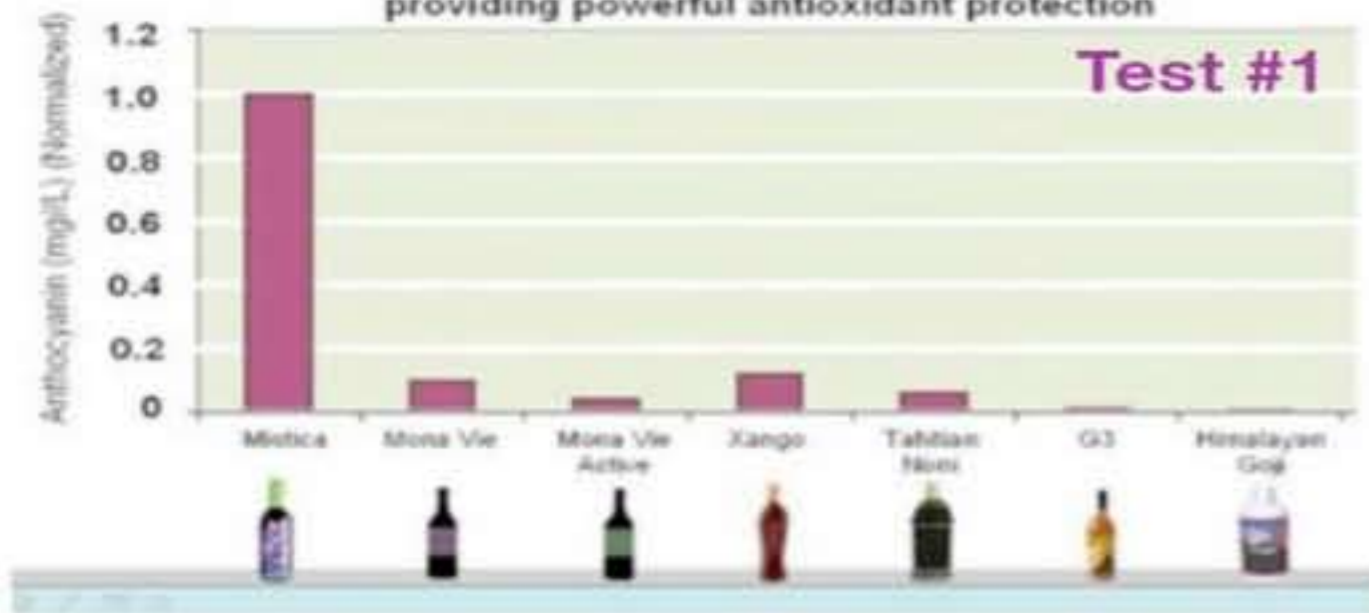


In Independent lab tests MISTIFY Brazilian Açai was shown to be a superior product.

INDEPENDENT CLINICAL TEST PERFORMED BY
BRUNSWICK LABORATORIES

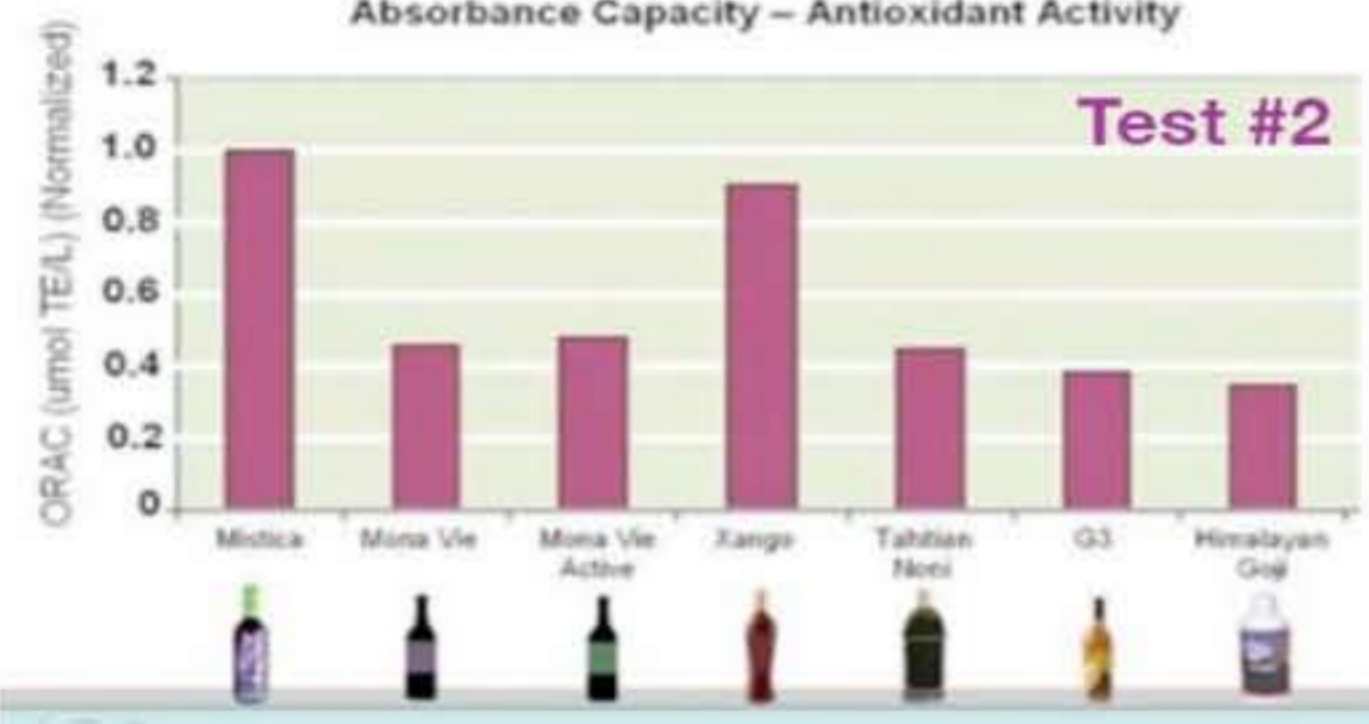
ANTHOCYANIN COMPARISON

Anthocyanins impart color to plants – providing powerful antioxidant protection



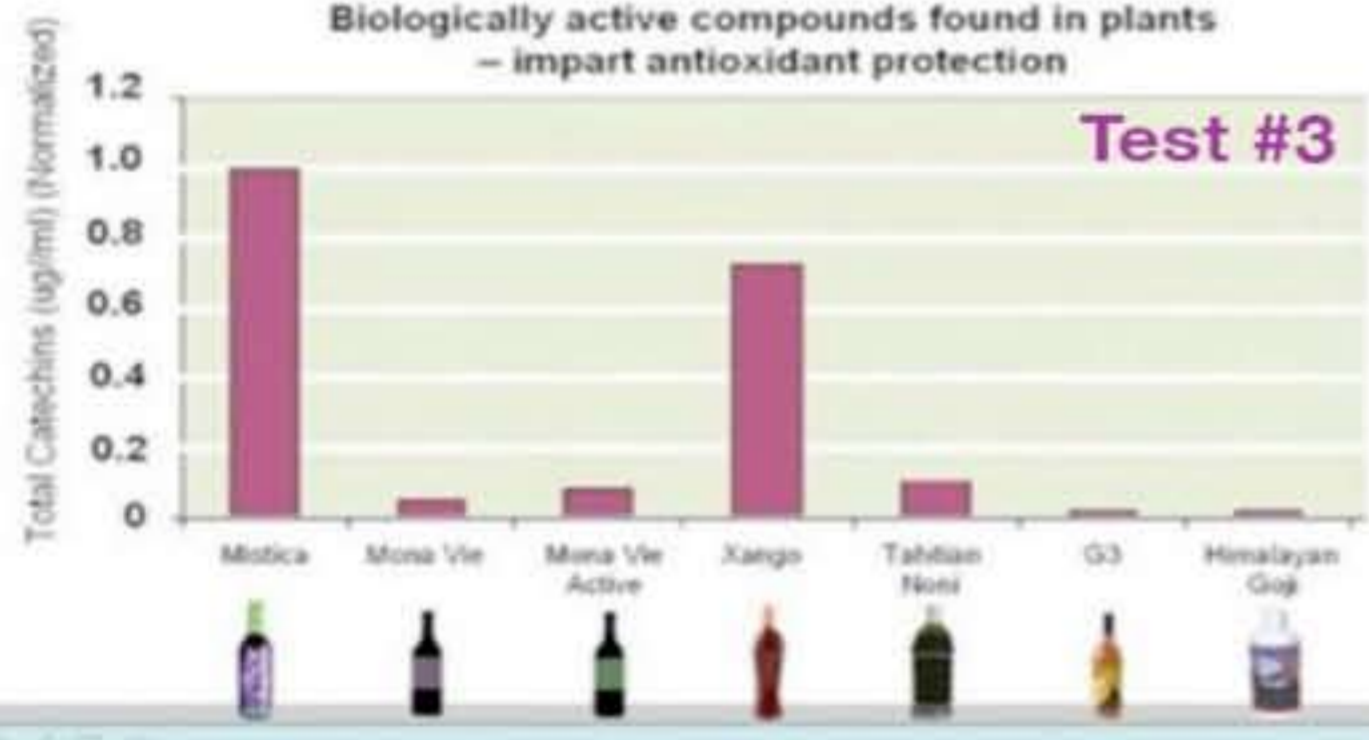
ORAC COMPARISON

ORAC is a measure of Oxygen Radical Absorbance Capacity – Antioxidant Activity



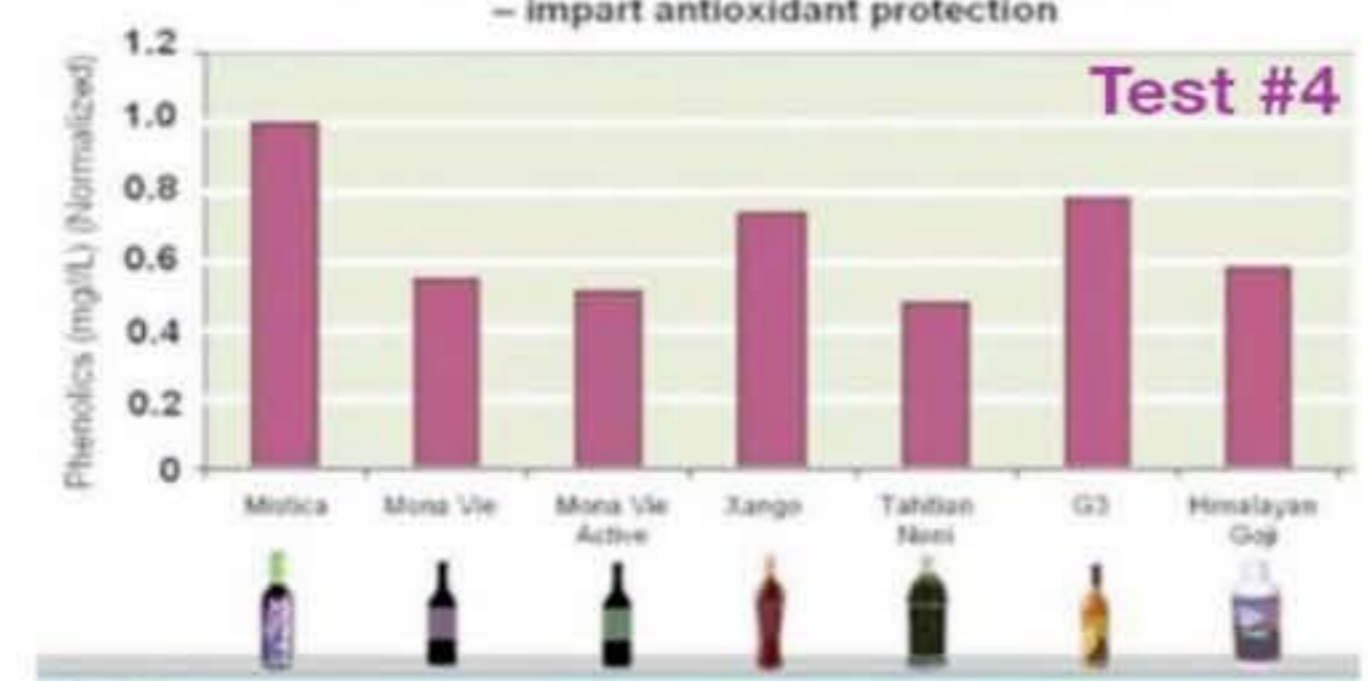
TOTAL CATECHINS COMPARISON

Biologically active compounds found in plants – impart antioxidant protection



PHENOLICS COMPARISON

Biologically active compounds found in plants – impart antioxidant protection



Scientists provided laboratory evidence for potential health effects of anthocyanins against

- cancer
- aging and neurological diseases
- inflammation
- diabetes
- bacterial infections

Anthocyanins are water-soluble vacuolar pigments that may appear red, purple, or blue according to pH in the fruit they come from.

ORAC is a method of measuring antioxidant capacities of different foods. It was developed by the scientists at the National Institute on Aging in the National Institutes of Health (NIH) in Baltimore, Maryland.

Correlation between the high antioxidant capacity of fruits and vegetables, and the positive impact of diets high in fruits and vegetables, is believed to play an important role in the Free-radical theory of aging.

The health benefits of Catechins have been studied extensively in humans and in animal models. Reduction in atherosclerotic plaques was seen in animal models. Reduction in carcinogenesis was seen in vitro.

epicatechin can reduce the risk of four of the major health problems: stroke, heart failure, cancer and diabetes

epigallocatechin-3-gallate is an antioxidant that helps protect the skin from UV radiation-induced damage and tumor formation

Polyphenols act as antioxidants. They protect cells and body chemicals against damage caused by free radicals, reactive atoms that contribute to tissue damage in the body. For example, when low-density lipoprotein (LDL) cholesterol is oxidized, it can become glued to arteries and cause coronary heart disease.

Polyphenols can also block the action of enzymes that cancers need for growth and they can deactivate substances that promote the growth of cancers. The polyphenol most strongly associated with cancer prevention is epigallocatechin-3-gallate, or EGCG.

Test Above shows comparison against: Mistify - Mona Vie - Mona Vie Active – Xango- Noni - G3 - Himalyan Goji