

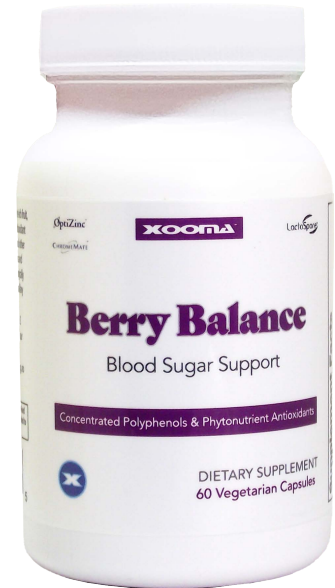
# Berry Balance™ White Paper

## What is Berry Balance?

Berry Balance is a comprehensive multi-berry extract that contains potent antioxidant ingredients. It was formulated based on extensive scientific research and has several patented and trademarked ingredient complexes.

### CONCENTRATED PHYTONUTRIENT ANTIOXIDANTS FOR YOUR OPTIMAL HEALTH

Some of the most researched free radical fighting antioxidants can be found in Berry Balance. With a proprietary formulation, our **Super Berry Blend** includes berry extracts such as Acai, Bilberry, Blackberry, Blueberry, Cherry, Cranberry, Goji, Grape, Pomegranate, Raspberry and Red Grape Seed. With 12 key nutrient-rich fruit, berry, fruit skin and seed extracts, Berry Balance is rich in antioxidant polyphenols such as ellagic acid, anthocyanins and other flavonoids. This powerful combination of ingredients offers many health benefits.



## Why do I need Berry Balance?

We live in a time when our bodies are fighting many stressors from our environment, the foods we eat, our genetic predisposition and more. These stressors create free radicals in our bodies. Antioxidants are well-known for their ability to help fight these free radicals, and in turn, create healthier bodies.

There are several things we can do to combat stress. We know drinking water is important, especially when it's supplemented with X2O. Our bodies also require a healthy diet, in addition to high quality vitamins and minerals not always found in the foods we eat or the soil in which our food is grown. The ingredients in Berry Balance offer innumerable benefits that complement our daily diet.

## Berry Beneficial

Many fruits and berries rich in antioxidants are known as super fruits and super berries. Here's some 'Fruit for Thought'. Berry Balance includes four of the most prominent super fruits: **acai**, **goji**, **pomegranate** and **blueberry**.



In vivo and in vitro studies have shown that berries, rich in anthocyanins, possess many biological functions that deliver potent health benefits. A range of benefits include antioxidant activity, cardiovascular protection, blood sugar support, enhanced brain function and mental clarity, anti-aging properties, urinary tract health, healthy vision and skin care.



**Anthocyanins**, as found in blueberries and grapes, impart bright colors to fruits and are biologically important substances known to **protect vision, capillary strength and circulation.**

### Benefits from some other key fruit extracts in Berry Balance:

Bilberry supports better eyesight and night vision

Blueberry promotes brain function

Cranberry supports urinary health

Elderberry protects cells and promotes vascular health

Raspberry helps fight unhealthy cell growth

### Balancing Blood Sugar

While Berry Balance is a comprehensive antioxidant formulation, it was also designed to help reduce and balance blood sugar levels.

**The Statistics:** About 1 in 10 Americans have been diagnosed with diabetes. That is nearly 34 million people – and approximately 90-95% of those diagnosed have Type 2 diabetes. (Centers for Disease Control and Prevention, 2021)

Type 2 diabetes is characterized by obesity is brought on by lack of exercise and a diet high in carbohydrates and fats but low in many essential nutrients. This lifestyle affects all aspects of health, but is particularly devastating to the body's ability to adequately control blood sugar levels.

*Supplementing your diet with **Berry Balance** promotes healthy insulin function which can help maintain natural energy levels.\**

While managing diabetes can be challenging in general, fortunately, Type 2 can be prevented and possibly reversed with proven, achievable lifestyle changes like losing a small amount of weight, getting more physically active, and maintaining a healthy diet. Along with diet, nutritional supplements such as Berry Balance can prove effective in helping to achieve those goals.

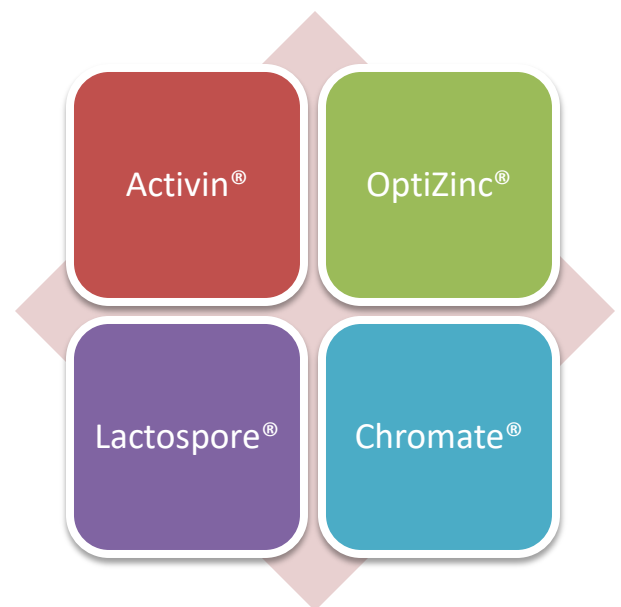
### Patented Complexes in Berry Balance

Berry Balance's formulation includes four trademarked ingredients: ActiVin®, OptiZinc®, Lactospore® and Chromate®.

**ActiVin®** is a grape seed extract that comes directly from the source. It is an all-natural antioxidant from the world's largest grape processing facility. Grape seed extracts contain antioxidants that help fight against cardiovascular diseases, inflammation-related conditions, neurodegenerative diseases, and skin disorders.

**OptiZinc®** in the form of zinc monomethionine increases the bioavailability of zinc. Zinc is one of 16 essential trace minerals the body needs to keep healthy. Zinc is essential for several bodily functions, including growth and development, digestion, respiration and for proper brain, nerve, vision and immune function.

**Lactospore®** is a lactic acid that produces Bacillus coagulans in the form of a stable probiotic culture, formulated as Lactospore. It numbers 300 million CFU\* per serving, and aids the body's processing and digesting of foods and in the elimination of toxin-producing organisms.



**Chromate®** is a bioavailable form of chromium polynicotinate. It is required for healthy protein, fat and carbohydrate metabolism, and it helps promote healthy blood sugar and insulin function.

\*Colony-Forming Units

†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.

## Berry Balance™

*Concentrated Phytonutrient Antioxidants*

**Suggested Usage:** As a dietary supplement, take 2 capsules daily, in divided doses, or as directed by your qualified health care consultant.

**Serving Size: 2 Vegetarian Capsules**

**Servings per Container: 30**

	Amount Per Serving	% DV
Zinc (as zinc monomethionine) (OptiZinc®)	20 mg	182%
Chromium (as chromium polynicotinate) (ChromeMate®)	500 mcg	1,429%
Bacillus coagulans		
300 million CFU (20 mg) (stable probiotic culture) (Lactospore®)		**
Red grape seed extract	60 mg	**
Super Berry Blend	1,600 mg	**
(typically provides 200 mg of polyphenols, anthocyanins, ellagic acid, polysaccharides and quinic acid), Grape skin extract, Acai fruit extract (Euterpe oleracea), Raspberry fruit extract, Cranberry fruit extract, Lycium (goji) berry extract, Bilberry fruit extract, Blueberry fruit extract, Elderberry fruit extract, Pomegranate fruit extract, Cherry extract, Blackberry fruit extract		

\*\*Daily Value (DV) not established

**Other ingredients:** Hypromellose, maltodextrin, magnesium stearate and silica. OptiZinc® and ChromeMate® are trademarks of Lonza. Lactospore® is a registered trademark of Sabinsa Corporation.