

# Pro Purples

Fruit and Vegetable Powder



*Focus*

*Skin*

*Circulation*

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# Pro Purples

Available in 30 Powder Servings

**Nutritional Frontiers' Pro Powders** are all-natural fruit and vegetable-based juice powders, fortified with specific nutrients to target specific systems. These formulations are gluten-free, dairy-free, egg-free, vegetarian formulas that are free from herbicides and pesticides. Fruits and vegetables are necessary components of a healthy diet. They contain powerful plant compounds known as phytochemicals which perform numerous functions throughout the body. Sometimes people find it difficult to attain the recommended 5-7 servings of produce a day, and that's where Pro Purples and other Pro Powders by Nutritional Frontiers come in. Pro Purples contains a diverse group of antioxidant-rich produce: cranberry, blueberry, raspberry, black currant, pomegranate, elderberry, bilberry, fig, cherry, plum, cabbage, beet, carrot, eggplant, and more.

**Antioxidants** battle damage from free radicals, which are believed to play a role in numerous health conditions like cancer, atherosclerosis, and even aging. **Bilberry fruit** contains anthocyanosides: plant pigments rich in antioxidants. Anthocyanosides strengthen blood vessels, improve circulation, prevent platelet aggregation, and enhance rhodopsin production which improves night vision. In addition to the health-promoting fruits and vegetables already mentioned, **Pro Purples** features added "superfoods" like resveratrol from Japanese knotweed extract, camu camu, mangosteen, **Activin®** grape seed extract, lycium fruit, and more. **Resveratrol** is an antioxidant that boasts variety of potentially therapeutic applications in inflammation, cardiovascular health, cancer, aging, & diabetes. **Lycium fruits (also called Goji berries)** are a rich source of antioxidants like zeaxanthin, which is a macular carotenoid pigment. Taking antioxidant pigments as supplements correlates with increased levels of macular pigment measured in the retina, blood, and other tissues, and may improve visual function. **Lycium** may help cardiovascular health by addressing lipid and glucose abnormalities, and neurological health by reducing glutamate excitotoxicity, as demonstrated in animal studies. **Activin®** is a novel grape seed proanthocyanidin extract which exhibits a wide range of antioxidant and anti-inflammatory properties. **Pro Purples** features **N,N-Dimethylglycine (DMG)** which may support the immune and musculoskeletal systems. **DMG**, a derivative of the amino acid glycine, was patented over three decades ago for treating systemic inflammatory disease, modulating immune response, and boasts in vitro evidence of antioxidant effects via free radical scavenging activity and enhancement of the endogenous antioxidant defense system.

For added brain and nervous system health\* **Pro Purples** boasts ingredients like PQQ, Huperzine-A, Alpha-GPC, and the amino acid L-carnosine. Huperzine A is an isolated alkaloid from the Chinese medicinal herb Huperzia serrata (toothed clubmoss) which has been studied for its beneficial effects on cognitive function and memory disorders. Alpha-glycerolphosphorylcholine (alpha-GPC) is a nootropic choline supplement that may be useful for those with cognitive impairment, according to research studies. PQQ, pyrroloquinolone quinone, supports mitochondrial and cognitive functions and reduces inflammation.

**Pro Purples** has added fiber as **Fibersol®-2**. **Fibersol®-2** is a soluble fiber comprised of a digestion-resistant maltodextrin. Fiber serves many purposes, including binding toxins in the intestines to aid in detoxification, helping glucose and lipid control, and supporting proper bowel function, regularity, fecal volume, and beneficial intestinal micro flora. What makes **Fibersol®-2** unique is that it is so soluble and less dense than other fibers that it mixes in instantly and does not cause bloating or intestinal gas, like other fiber products. **Fibersol®-2** is not only well-tolerated but also results in favorable fermentation characteristics in the large bowel, assisting production of the short chain fatty acid butyrate which is the preferred fuel source of colon cells.

**Pro Purples** can be mixed simply with water, juice, smoothie, or any beverage. **Pro powders are convenient:** they do not spoil, like the produce rotting in your fridge; you don't have to worry about what's in season; and they taste great, ensuring compliance for "picky" eaters!

## SUPPLEMENT FACTS

**Serving Size: 10 Grams (Approx. 1 Scoop)**

**Servings Per Container: 30**

**Amount Per Serving**

Calories	40
Total Carbohydrate	9 g
Dietary Fiber	3 g
Total Sugars	1 g
Folate	200 mcg
(as L-5-Methyltetrahydrofolate Calcium (Biofolate®))	
Sodium	20 mg
Proprietary Fruit Blend	4 g
Cranberry Fruit Powder, Blueberry Fruit Powder, Raspberry Fruit Powder, Black Currant Fruit Powder, European Elder Fruit Powder, Black Cherry Fruit Powder, Plum Fruit Powder, Dried Plum Fruit Powder, Vitis labrusca Fruit Powder, Bilberry Fruit Powder, Fig Fruit Powder.	
Proprietary Vegetable Blend	1 g
Beet Root Powder, Carrot Root Powder, Asparagus Shoot Powder, Solanum melongena Fruit Powder, Cabbage Leaf Powder.	
Proprietary Circulation Matrix Blend	660 mg
Cabbage Palm Fruit Powder, Camu Camu Fruit Powder, Mangosteen Fruit Extract, Lycium Fruit Powder, Pomegranate Fruit Extract, Activin® Grape Seed Extract.	
Proprietary Brain Blend	91.01 mg
N-N-Dimethyl Glycine, L-Carnosine, Trans-Resveratrol (from Japanese Knotweed Root Extract), Alpha Glycerolphosphorylcholine, NutriPQQ™ Pyrroloquinoline Quinone Disodium Salt, Huperzine-A (from Toothed Clubmoss Leaf and Stem Extract).	

**Other Ingredients:** Fibersol®-2 Digestion Resistant Maltodextrin, Banana Fruit Powder, Natural Flavors, Citric Acid, Rebaudioside A (From Stevia Leaf Extract).

**Suggested Use:** As a dietary supplement, mix 1 heaping scoop (10 g) daily in 8 oz. of cold water or juice, or as directed by your healthcare practitioner.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

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