

What Makes BerryRadical Special

BerryRadical contains nine potent antioxidant foods in one delicious product – Raw Cacao, coffee berry, olive juice, pomegranate, goji berry, acai berry, blueberry, raspberry, strawberry.

By utilising raw, freeze-dried powders, we have concentrated all the nutrition from the fruits and berries into a much more potent, nutrient dense form.

1 container of BerryRadical has the antioxidant equivalent to:

- 9 bottles of mangosteen juice
- 12 bottles of goji juice
- 29 bottles of noni juice

Our organic fruit and berry powders are highly concentrated foods with all the nutrients and enzymes contained in the fresh fruit. Only water has been removed.

Gram for gram, powders are far more potent and concentrated than watered-down juices. Many fruits are more than 90% water, which means you get at least 10 times the nutrients in a freeze-dried fruit than the fresh fruit or rehydrated juice.

Powders don't require the preservatives that juices do. The freeze drying process doesn't kill the enzymes. It puts them in a state of suspended animation. They are brought back to life when liquid is added to BerryRadical.

Certified Organic, Cold Pressed

Our certified organic cacao powder is cold-pressed from the cacao beans without solvents, then fine-milled and sifted so the most bioavailable cacao particles filter into the final product.

As the temperature is never allowed to exceed 40°C, the powder is considered a raw food with all heat-sensitive vitamins, minerals and antioxidants remaining intact, thereby maximising digestion and absorption.



Miessence Certified Organic Products

Would you like to receive fantastic discounts on Miessence Certified Organic Products including superfoods, skin and hair care, cosmetics, body & oral care, home products?

Would you like to build a business using the world's best Certified Organic products and receive your goods for free?

Your Miessence Independent Representative can show how you can receive a minimum 20% discount on every purchase of Miessence products for your health, home and body.

Ask today about how you can earn additional income through Miessence and receive your orders (and shipping!) for free.



Your Representative:

miessence®



BerryRadical Antioxidant Superfood

A delicious combination of 9 of the worlds most potent, antioxidant, super-foods.

One teaspoon serving contains over 4000 ORAC units!



BerryRadical How to use:

Chai Radical Serves 2

- 2 heaped teaspoons of BerryRadical
- 1 small can (270ml) of coconut cream
- Pinch of each to taste (allspice, black pepper, cardamom, cinnamon, cloves, coriander, ginger, nutmeg, star anise, fennel)
- 1 bay leaf
- 1 vanilla bean
- 1 tablespoon of honey
- Add 270ml of water (using the coconut milk can)

Gently simmer spices, coconut milk and water over low heat for 10 minutes to infuse flavours.

When ready to serve, add BerryRadical and stir well. Pour through tea strainer into big mugs.

Narelle's Radical Raw Smoothie

"I'm often asked how I use BerryRadical in my daily life, besides making the scrumptious warm beverage. I have a supercharged way to start the day; it's my organic, raw, green smoothie. It's a delicious, nourishing meal that keeps me going until lunchtime."

- 1 baby green coconut (or 1 tbs coconut oil)
- 1/2 cup of fruit of the season (paw paw, mango, peaches, pears, berries)
- 1 banana
- handful goji berries
- 1 tsp bee pollen granules
- 1 tsp maca root powder
- 2 tsp InLiveN
- 2 tsp BerryRadical
- 2 tsp of DeepGreen
- 2 tbs chia seed (or crushed flax seed)
- 1 tbs flax oil (or evening primrose oil or hemp or good EFA blend)
- 2 tbs undenatured whey protein
- purified water to desired consistency

Blend in a powerful blender until smooth, creamy and green.

Additional hint: to crush the linseeds or chia seeds, purchase an inexpensive coffee grinder from your local supermarket.

Miessence Superfoods

The Miessence range of organic superfoods is the result of intensive research and development into the key nutritional needs for optimal health and vitality. They have been formulated for maximum potency and assimilation towards the highest health benefits.

Using Miessence Superfoods – BerryRadical, InLiveN and DeepGreen - every day will make a tangible difference in how you feel.

For full ingredient descriptions, please visit the web address at the back of this brochure.

Benefits of Antioxidants

Antioxidants are vital to counteract the affects of free radicals in our bodies.

Oxidation occurs when free radicals (highly reactive, high-energy particles) react with essential molecules in our body, including DNA, fats and proteins.

Free radicals can be produced within the body by natural biological processes or introduced from outside including:

- tobacco smoke
- toxins
- pollutants
- poor eating habits

Free radicals are believed to accelerate the progression of:

- cancer
- cardiovascular disease
- rheumatoid arthritis
- chronic fatigue
- age-related diseases.

Antioxidants found in fruits and vegetables help to neutralise free radicals in our bodies.

Plants contain antioxidants generated by photosynthesis - the process whereby plants convert light energy from the sun into stored physical energy. Photosynthesis exposes plants to a massive number of free radicals. Plants produce antioxidants to protect themselves from damage by free radicals. Antioxidant plant pigments - primarily carotenoids and polyphenols that are responsible for the bright colours of many orange, red, blue, and purple fruits, berries, and algae - provide most of this protection.

Research has shown eating these plant-based antioxidants results in similar protection for people. Research also shows that antioxidants work synergistically – that is, a spectrum of antioxidants is more effective than antioxidants from a limited range.

The Antioxidant Advantage of BerryRadical

BerryRadical contains not just one antioxidant-rich ingredient but NINE, making it a revolutionary certified organic antioxidant superfood designed to assist the body in attaining vibrant health, well-being and longevity.

Nutritionists recommend that we consume at least 7 servings of fruit and vegetables a day per day to significantly impact antioxidant activity in the body and reduce free radical damage – that's around 3500 ORAC units.

Most people, in fact 80% of us, consume far less than that.

One 3.5g teaspoon serving of BerryRadical contains over 4000 ORAC units.

Supplements

If you're supplementing with single dose antioxidants or a combination of a few isolated antioxidant nutrients, you may not be getting the benefits you hoped for.

While isolated nutrients may show promise in the lab, they rarely have significant benefits in the real world. Conversely, taking lots of foods high in antioxidants has been proven to show real benefits.

A diet rich in fruit and vegetables can help prevent cancers, coronary heart disease and strokes. Synthetic antioxidants appear to be so ineffective that they may actually increase cancer risk. In fact every large clinical trial that has used isolated antioxidant nutrients has failed to show benefits for cancer or cardiovascular disease.

Most isolated antioxidant nutrients are chemically and structurally different to those found in foods and do not have the desired effect in the human body.

Research has found that whole tomato powder but not lycopene, a carotenoid found in tomatoes, inhibited prostate carcinogenesis in rats, which demonstrates the superior functionality and efficacy of wholefood nutrition compared with high doses, isolated nutrition supplementation.

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