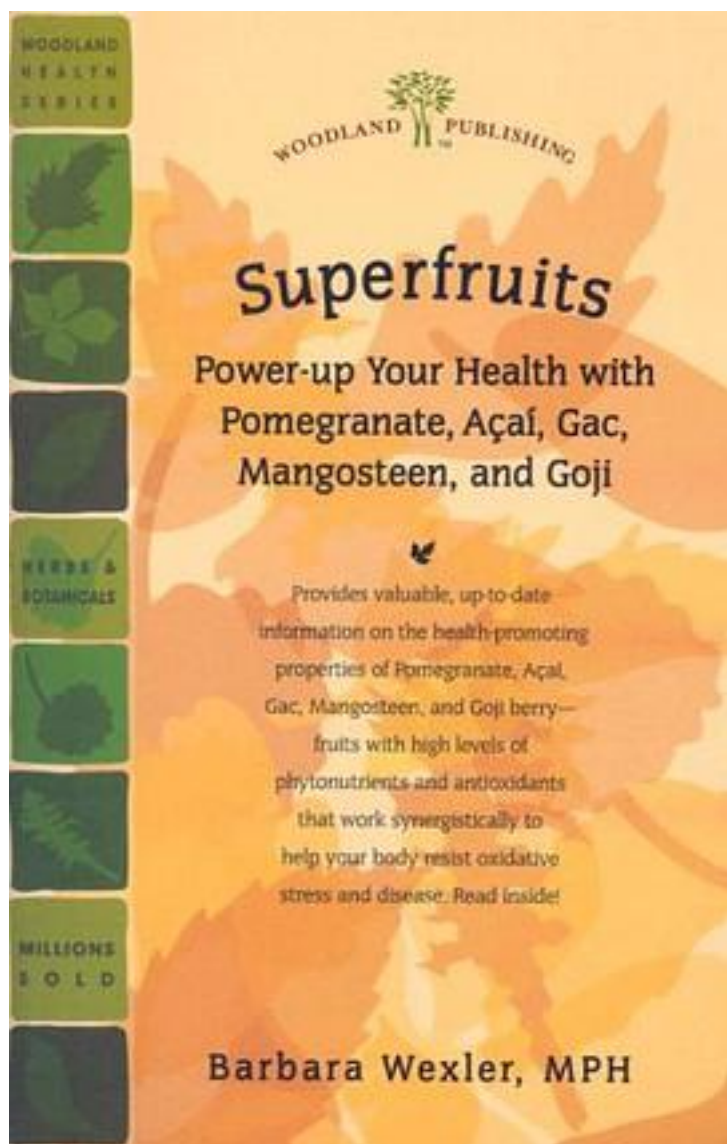


# Superfruits



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The amazing health-supporting benefits of Superfruits come from their unique combination of fibre, antioxidant nutrients such as vitamins C and E, selenium, and beta-carotene, as well as phytonutrient polyphenols such as bioflavonoids, anthocyanins, and carotenoids. Pomegranate, Acai, Gac, Mangosteen, and Goji berry are naturally low in fat and calories. Eating these Superfruits, drinking their juice, or taking dietary supplements derived from them may help reduce the risk of chronic disease. Evidence from epidemiological and observational studies, and laboratory and animal studies - as well as human clinical trials - continues to support the important role fruits play in promoting good health and helping to prevent disease.

作者介绍:

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