

PHYTONUTRIENTS

NUTRITION THE WAY NATURE INTENDED

Nutriline supplements are based extensively on whole foods for one simple reason – the body’s nutritional requirements are based on whole foods. The crucial role of fresh, whole plants in human nutrition is undisputed. Hundreds of research studies around the world show that diets rich in plants lead to increased health benefits.

Scientists do not yet fully understand exactly how plants support good health, but they do know that it is at least partly due to the thousands of plant chemicals or compounds supplied in a plant-rich diet. In the scientific world, these plant chemicals are referred to as **PHYTONUTRIENTS**.

Different plant varieties produce different kinds of phytonutrients. The level of phytonutrients within any given plant will vary depending on the species of plant, the soil conditions, time of harvest and a host of other environmental factors. Our tests show that if we process the plants and fruits we grow on our farms within two to four hours, we capture their best nutritional value in our concentrates.

Nutriline scientists and researchers carefully identify and quantify phytonutrients, with the goal of finding those compounds that will offer the most beneficial concentrates for human health. Using a technique known as chromatography, our scientists can detect and measure the presence of vitamins, minerals and other chemical compounds.

A significant proportion of the world’s population could enjoy more vitality, energy and optimal health simply by improving their diet. While nutrition supplements are not a substitute for regular healthy diets, Nutriline products offer an excellent, high quality complementary source of essential nutrients in a convenient form.

Nutriline creates nutritional concentrates with phytonutrients, from whole plants because we believe this is nutrition the way nature intended.



NUTRILITE™

Best of Nature. Best of Science.™

NUTRILITE is the World’s leading brand of vitamins, minerals and dietary supplements.

(Based on 2004 sales as supported by studies conducted by Euromonitor International.)

Examples of some phytonutrients:

| Phytonutrient | Source | Benefit |
|--|---------------|---|
| Lycopene <i>a carotenoid compound</i> | Tomatoes | Helps to protect cell membranes |
| Ellagic acid <i>a polyphenol compound</i> | Many fruits | Has strong antioxidant properties and supports cell structure |
| Hesperidin <i>a citrus bioflavonoid</i> | Citrus fruits | An antioxidant which may help form collagen in connective tissue |
| EGCG (epigallocatechin gallate) <i>a potent antioxidant polyphenol</i> | Green Tea | Prevents free radical damage and supports cardiovascular function |

