

Azul: The Perfect Ingredient Deck

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Marine Phytoplankton, the perfect food, alone contains almost every nutritional component necessary to build and sustain life. It is the foundation of the Earth's food chain and it provides, by its very breath, 90% of the Earth's oxygen supply, sustaining the nutritional needs of the Earth's animal kingdom, which includes you and I. **Maqui Berry** can be found growing naturally at the tip of South America, in Patagonia where the local Indians have used it for centuries for its unique medicinal and healthy-aging benefits. It boasts one of the highest ORAC* scores. The list of its reported health benefits is considerable and among them includes joint disease and joint pain (arthritis) and powerful anti-aging benefits. **Goji Berry**, also known as Wolfberry, has a very high ORAC score and contains large amounts of Vitamin C. The Goji berry also contains 18 amino acids, more than 20 trace minerals and many phytochemicals. It has many reported health benefits including powerful anti-inflammation, and immune system boosting effects. **Acai Berry**, another champion in the ORAC arena, grows naturally in the Brazilian Amazonian basin and with its powerful antioxidant effects, essential fatty acids, amino acids and phytosterols, combats many diseases including obesity and heart disease. **Golden Kiwi** is a delicious fruit high in beta-carotene, vitamins, minerals, carotenoids, and polyphenols to name just a few of its abundant nutrients. Its benefits include defense against elevated blood sugar (diabetes) and asthma in children. **Banana Juice Powder** is a delicious source of Potassium, Vitamins A and B6. It helps with stress and anxiety and is used to treat gastric ulcers and diarrhea. **Carrot Pulp Powder** is very high in carotenes and antioxidants. It is true that carrots are wonderful in the promotion of good vision overall and night vision specifically. They also protect against macular degeneration (eye disease). **Coconut Milk Powder** has a wonderful flavor and consistency and contains important nutrients and fiber. It is currently being investigated for anti-viral and anti-cancer effects due to its immune strengthening properties. **Grape Juice Powder** contains important vitamins, minerals and flavonoids. Flavonoids are very effective antioxidants that help destroy LDL (bad cholesterol) and help in dilating the body's arteries. Together these effects fight heart disease and heart attacks. **Apple Juice Powder** contains fiber, Potassium, and is a great source of Vitamins A and C. Apples fight a variety of diseases including joint and lung disease. **Peach Juice Powder** has an abundance of vitamins and minerals and is a good source of antioxidants and phytochemicals. The phytochemicals have demonstrated cancer-fighting capability and cardiovascular disease prevention. **Orange Juice Powder** is a wonderful source of Vitamin C, beta-carotenes, Calcium and Vitamin B6. Oranges help prevent diabetes and are beneficial for several lung diseases, including bronchitis. **Blueberry Juice Powder** has especially high antioxidant effects and is a good source of fiber, and riboflavin. There is excitement in research circles that blueberries may help prevent childhood obesity and slow aging. **Strawberry Seed Pulp Powder** is rich in Iron, Vitamin C and Potassium. The 'seed' of the strawberry is actually the fruit of the plant. It helps fight cancers in general and is a highly regarded skin-cleansing food. **Beetroot Powder** contains the phytochemical betaine as well as Vitamins B1 and B5, Phosphorus and Selenium. It is effective at controlling elevated triglycerides and LDL in the blood and helps prevent fatty deposits in the liver. **Grape Skins**, very interestingly, contain a compound called resveratrol that helps starve cancer cells. Grape skins also provide protection for blood vessels in diabetics, again through the action of resveratrol. **Grape Seed Extract** contains oligomeric proanthocyanidins and polyphenols both recognized as powerful antioxidants. Promising research points to grape seed extract as a treatment for osteoporosis, skin cancer and heart disease. **Cranberry Juice Powder** contains Calcium, Manganese, Vitamin C and carotene. It is best known for its benefits in treating urinary tract infections by preventing bacteria from sticking to the walls of the bladder and urethra. **Pomegranate** contains Vitamin C, Vitamin B5, Potassium and polyphenols. Pomegranate juice reduces blood pressure and is believed to protect against some tumors. Extensive research is currently being done on pomegranate to investigate its role in at least 17 different disease states! **Aloe Vera Leaf Juice Powder** contains Vitamins B1, B2, B6, C and more than a dozen amino acids. It provides immune support and is an excellent digestive aid. **Chlorella** contains Vitamin C, B12, K as well as Calcium and Zinc to name a few nutrients. It is best known as a chelating agent for heavy metals and pesticides but is also useful as a sleep aid and for joint stiffness. **Spirulina** contains phytonutrient antioxidants, and an excellent variety of vitamins and minerals such as Vitamins B1, B2, B3, K and Manganese, Copper, and Potassium. It is a rare food source of GLA, an essential fatty acid, believed to boost energy. **Bromelain** is an enzyme derived from pineapple. It has been used for treatment of injuries and arthritis due to its anti-inflammatory qualities. **Papain** is an enzyme derived from papaya. It's commonly used for treating insect and jellyfish stings due to its ability to breakdown protein in the toxins. Both are enzymes that aid digestion. **Acidophilous** is a general term for probiotics such as **Bifidum Longum**. Probiotics are important gastrointestinal flora, which are essential for digestion and helpful for the production of B vitamins. **Lactase** and **Lipase** are enzymes that aid digestion by breaking down simple milk sugars and fats (lipids) respectively. **Agave** and **Bamboo** add insoluble fiber, which aid constipation as good cathartics.

*ORAC is the Oxygen Radical Absorbance Capacity or the measure of a food's capacity as an antioxidant. The higher the ORAC score the better.