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Building a Solid Nutritional Foundation is Vital to Your Overall Health



Nutritionists and doctors alike are beginning to discover that it doesn't matter how old you are, whether you're male or female, or if you have ailments or are as healthy as an ox...

You see, each and every day your body's 63 trillion cells are constantly being bombarded by unstable molecules called "free radicals." Free radicals are responsible for many effects of aging. These unstable molecules lose electrons and "borrow" them from a healthy cell, destroying that cell in the process. Then these electrons ricochet all over your body, damaging healthy cells from your bones, blood, skin, and even your internal organs.

Free radicals eventually break into your cell membranes and destroy the DNA inside. To combat the free radical chain, your body uses what are called antioxidants. These naturally occurring compounds help prevent or delay oxidative damage to the body, cells and tissues. Antioxidants may inhibit the harmful effects of free radicals, which scientists believe may contribute to serious health challenges. The better you can protect your cells, the less these free radicals can damage them. And one of the best ways to protect them is through solid nutrition.

Mangosteen is a rare superfruit primarily found in Southeast Asia and scientifically known as *Garcinia mangostana*. It has been hailed as the "Queen of Fruits" and has been used for centuries by Asian health practitioners to treat a variety of health conditions. Of all the known sources for xanthones, the mangosteen supplies some of the highest amounts found in nature. Xanthones are a biologically active phytonutrient with very potent antioxidant properties.



Introducing the Vemma Nutrition Program™
Vemma provides a powerful liquid formula that makes it easy to get the vitamins, minerals and antioxidants you need

to form a solid nutritional foundation. It is more bioavailable than caplets or tablets, easy to take and tastes great.

It takes about...

- ✓ 2 oranges to equal the amount of Vitamin C
- ✓ 29 avocados to equal the amount of Vitamin E
- ✓ 3 stalks of broccoli to equal the amount of Iron
- ✓ 55 eggs to equal the amount of Vitamin D
- ✓ 1 cup of spinach to equal the amount of Vitamin A
- ✓ 3 cups of peas to equal the amount of Thiamin
- ✓ 19 medium bananas to equal the amount of Riboflavin
- ✓ 62 oz of cheddar cheese to equal the amount of Vit B-12
- ✓ 5 large potatoes to equal the amount of Niacin
- ✓ 61 cups of tomatoes to equal the amount of Folate
- ✓ 2 large watermelons to equal the amount of Vitamin B-6
- ✓ 17 oz of cherries to equal the ORAC Value
- ✓ 37 medium mushrooms to equal the amount of Pantothenic Acid

... in just one daily 2-oz serving of the Vemma formula!
Think of it as your added "wellness insurance" for filling nutritional gaps in your diet.

Vemma is a bioavailable nutrition formula that contains 12 full-spectrum vitamins, over 65 plant-sourced minerals, wildcrafted mangosteen superfruit, organic glyconutrient-rich aloe vera and organic decaffeinated green tea for the ultimate nutritional foundation. Featuring the unique Eastern and Western wellness philosophy of Vemma Chief Scientific Officer, Yibing Wang, M.D., Ph.D., Vemma incorporates the advantages of thousands of years of traditional Chinese medicine along with cutting-edge, Western-based scientific principles. The Vemma formula is physician formulated, clinically studied, independently tested and manufactured in FDA-inspected facilities with the highest quality standards for a results-driven product. This proprietary formula may be the most powerful liquid antioxidant available anywhere.



Vemma also has specialized formulas for children, energy, weight loss, burn, rest, cleanse, and thirst in a wide variety of sizes and product types.

Now available at Greene Chiropractic or visit:
[www.http://greenewellness.vemma.com/](http://greenewellness.vemma.com/)