

Berry Complete

"High-ORAC† Complex"

30 vegetarian capsules

Item Catalog Number: 01206

While thousands of published studies support the benefits of conventional antioxidants (like vitamins E and C), scientists have discovered that extracts from brightly colored fruits and vegetables possess far greater antioxidant capacity.⁸⁻¹⁵ In fact, human epidemiological studies show that those who regularly consume these potent plant-based polyphenols and anthocyanins remain far healthier as they age. If you're not eating the recommended five servings of fruits and vegetables a day, especially the dark-skinned varieties, you could be lacking optimal antioxidant protection against toxic free radicals.

To measure the antioxidant strengths of food and other substances, scientists use an ORAC score.¹⁶ A higher score means that a particular food is better at protecting the body's cells from free radical-induced damage. But problems with availability, freshness and cost mean that obtaining a wide variety of high-ORAC fruits and vegetables daily can be difficult.

So Life Extension® developed the Berry Complete formula to provide a concentrated blend of fruit and vegetable extracts with some of the highest ORAC scores around. Each capsule is packed with scientifically proven polyphenols and anthocyanins from seasonal and perishable fruits and legumes with the highest ORAC values. Just one capsule provides the antioxidant capacity of more than 50% of the daily recommended five-a-day intake of fruits and vegetables.

References

Supplement Facts

Serving Size 1 vegetarian capsule

Servings Per Container 30

Amount Per Serving

AnthoComplete™ Full Spectrum Anthocyanin Blend & VitaBerry® High ORAC Antioxidant Fruit Blend

400 mg

[containing fruit, vegetable and legume standardized extracts and concentrated powders from blackcurrant (*Ribes nigrum*), blackberry (*Rubus fruticosus*), elderberry (*Sambucus nigra*), wild blueberry (*Vaccinium angustifolium*), wild bilberry (*Vaccinium myrtillus*), sweet cherry (*Prunus avium*), tart cherry (*Prunus cerasus*), acai (*Euterpe oleracea*), aronia (*Aronia melanocarpa*), raspberry and raspberry seed (*Rubus idaeus*), grape and grape seed (*Vitis vinifera*), cranberry (*Vaccinium macrocarpon*), prune (*Prunus domestica*), strawberry (*Fragaria virginiana*), pomegranate (*Punica granatum*), black soybean (*Glycine max*) hull, and blue corn (*Zea mays*)]

Other ingredients: vegetable stearate, silica, vegetable cellulose (capsule).

Contains soybeans. Contains corn.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), tree nuts, wheat, yeast, gluten, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

†Oxygen Radical Absorbance Capacity

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Dosage and Use

- Take one capsule daily with or without food or as recommended by a healthcare practitioner.

Caution

Consult with your physician before using this product if you are taking anti-seizure, anti-depressant or psychiatric medications, or certain types of blood pressure (e.g. calcium channel blockers) medications.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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