PaleoReds[™] Powder



A true whole food powder with all the goodness of nutritionally dense fruits and vegetables with additional antioxidant rich extracts. Such potent nutrition has never tasted this good!

By David Brady, ND, DC, CCN, DACBN & Suzanne Copp, MS

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

PaleoReds[™] is a delicious whole-food extract of cherries, strawberries, blueberries, and other highly nutritious organic fruits and vegetables, as well as additional enzymes. One serving has the equivalent antioxidant capacity of four servings of fruit, based on ORAC (Oxygen Radical Absorbance Capacity; see explanation on back). However, if someone were to eat four servings of fruits they would also ingest an average of 60g of carbohydrates from a mix of the simple sugars glucose and fructose. PaleoReds[™] was created to be low in calories and sugar (contains only 7g of effective carbohydrates) while providing all the phytonutrients from ten powerful fruits and vegetables with extracts from grape seed/skin and elderberry.

The synergistic power of fruits and vegetables for better health

Supplement Facts

Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value	
Calories	30		Vegetable Proprietary Blend	1865 mg	+
Sodium	25 mg	1%	Organic Carrot Powder		110
Total Carbohydrate	8 g	3%*	Organic Beet Powder		
Dietary Fiber	1g	4%*	ORAC Proprietary Blend	35 mg	1
Sugars	6g	†	OxyPhyte® Grape Skin Extra	ict	
Protein	1g	2%*	OxyPhyte [®] Grape Seed Extract		
Vitamin A (Beta-Carotene) 309 IU 6%			Elderberry Extract		
Vitamin C	120 mg	200%	OxyPhyte® Apple Extract		
Calcium	40 mg	4%	Enzyme Blend	10 mg	1
			Cellulase (450 CU)		
Fruit Proprietary Blend	6645 mg	†	Protease (1450 HUT)		
Organic Apple Powder		Amylase (250 DU)			
Organic Acerola Cherry Powder Extract		Lipase (60 FIP)			
Organic Strawberry Pow	wder				
Organic Raspberry Powder		*Percent Daily Values are base	d on a 2,000 calo	rie diet	
Organic Cranberry Pow	der		†Daily Value not established.		
Pomegranate Powder E	xtract				
Organic Blueberry Pow	der				

Other Ingredients: Sunflower lecithin, natural strawberry flavor, tapioca dextrin, stevia powder extract, organic rice flour.

PaleoRedsTM offers the highest quality red/purple group of

fruit and vegetable powders and extracts that studies show are beneficial for common chronic diseases and premature aging. PaleoRedsTM powder contains over 82% certified organic ingredients, including phytonutrients and polyphenols from blueberries and apples, while also providing 200% of the daily value of vitamin C from the Amazonian acerola cherry. Top-quality ingredients such as these guarantee maximum potency and antioxidant protection.

Free radicals damage cells and may provoke degenerative diseases

Free radicals are unstable, sometimes harmful, molecules or atoms in search of stability. We cannot avoid generating free radicals; everything from breathing, exposure to sunlight, to the body's natural metabolic processes and chemical exposures creates them. Some scientists believe free radicals' cascading effect can easily create over 100 pounds of free radicals each year in the body. Free radicals wreak wide-ranging havoc. They damage DNA, lipid membranes, and cholesterol-carrying proteins like LDL, impairing and limiting the body's ability to optimally function.¹ This cumulative oxidative stress plays a role in virtually every degenerative disease.² Research suggests that free-radical damage may in fact contribute to conditions ranging from skin aging to cancer.³

Antioxidants help defend against excessive free-radical damage

Antioxidants step in to help mitigate this damage. They prowl LDL particles and the cell's lipid bilayer, among other places, to neutralize free radicals before they take a toll on the body's health.⁴ An array of colorful fruits and vegetables provides a powerful source of phytonutrients that serve as antioxidants to quench free radicals and much more.