



## Super Trio

Stock #20-5 (60 packets)

A nutritious, balanced diet is essential for preventing disease and chronic illness. An "unbalanced" diet (i.e. one that is lacking sufficient vitamins, minerals, etc.) is considered a primary risk factor for several chronic disease conditions. In fact, growing evidence suggests that malnutrition is one of the main underlying causes for increased susceptibility to infections. Fortunately, dietary supplements can help fill the gaps in our daily nutritional needs, especially for individuals with a smoking history or other unhealthy lifestyle—several large-scale trials of dietary supplements indicate that these individuals appear to have more to gain or lose from taking dietary supplements, particularly in regards to cancer prevention. According to an article in the *British Journal of Nutrition*, much evidence shows that diet and lifestyle can alter the risk of developing cancer, as well as many other chronic diseases. Furthermore, studies have confirmed that protective effects against illness can be

achieved through sufficient intake of important nutrients such as vitamins A and C, beta-carotene, selenium and omega-3 fatty acids. As one medical journal article summarized, "Nutrition is the foundation to good health, and dietary supplements may prove to be some of the most powerful medicines ever discovered."<sup>1-5</sup>

**Super Trio** combines the unparalleled health benefits of 3 important dietary supplement formulas together in convenient single-serving packets. Super Trio is designed to provide an entire month's supply of essential vitamins and minerals, antioxidants, fatty acids and phytonutrients to help support the body's nutritional needs and promote good health. Each Super Trio packet contains one tablet or capsule of each of the following:

**Super Supplemental** is a complete nutritional formula, providing 26 important vitamins and minerals in a base of herbs, vegetable powders and phytonutrients. This special blend of added nutrients helps increase absorption and assimilation of the vitamins and minerals, provides additional antioxidant and nutritional benefits, and is the key to setting Super Supplemental apart from the average multi-vitamin supplement. In fact, Super Supplemental provides 100% or more of the RDA for 12 essential vitamins, along with 2 important antioxidants—*Lutein*, which is essential for healthy vision and has also been shown to help reduce the risk of various cancers; and *Lycopene*, which has been shown to help reduce the risk of heart disease and has been associated with a reduced risk of various cancers.<sup>6-15</sup>

**Super Omega-3** - While many well-recognized health problems are associated with excessive intake of dietary fat, modern research shows that omega-3 fatty acids are crucial to the prevention and treatment of disease. Each year, scientific evidence grows stronger in linking a chronic dietary deficiency of omega-3 fatty acids with an increased risk of death from coronary heart disease—narrowing of the small blood vessels (coronary arteries) that supply blood and oxygen to the heart. Recently, a United States federally mandated evidence-based review concluded that omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), demonstrate clear cardioprotective (heart-protecting) effects. As a result, national and international expert panels and health organizations have begun to recommend increased EPA and DHA intakes. Super Omega-3 provides both EPA and DHA from fish oil.<sup>16-19</sup>

**Super ORAC**, a powerful antioxidant formula exclusive to Super Trio, provides a rich blend of protective antioxidants and other health-promoting nutrients known to protect the body's tissues against oxidative stress and illness caused by free radicals—highly reactive molecules that can destroy cellular compounds, including DNA. Free radical damage to cells has been linked to the development of cancer and other debilitating diseases, including atherosclerosis, Alzheimer's disease, cataracts, osteoarthritis, and immune deficiency. Fortunately, research shows that antioxidant nutrients can help prevent illness and treat degenerative disorders associated with free radical damage. The unique combination of antioxidant ingredients in Super ORAC, which includes extracts of green tea, mangosteen, turmeric, apple and açai berry along with quercetin, resveratrol and selenium, provides a high ORAC value—oxygen radical absorbance capacity (ORAC) is a standard measurement of antioxidant activity used in the nutraceutical, pharmaceutical and food industries.<sup>20-24</sup>

### References:

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