



## Sunshine Heroes Whole Foods Antioxidant

Stock #3344-9 (90 soft chews)

Sunshine Heroes Whole Foods Antioxidant is a unique children's supplement that provides the antioxidant power and health benefits of whole fruits, vegetables and antioxidant vitamins.

Antioxidants are health-promoting nutrients found in a variety of fruits and vegetables that are 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. Oxidative stress is linked to the development of cancer and other debilitating illnesses, including heart disease and immune deficiency. Evidence suggests that oxidative stress also plays a critical role in the initiation and progression of various diseases in children and adolescents. Fortunately, studies have found that higher dietary intake of antioxidant-rich fruits and vegetables is consistently associated with a lower risk of chronic disease.<sup>1-4</sup>

**Vitamin A** provides antioxidant protection, immune system support, and is an essential nutrient for maintaining healthy vision. Studies also show that low dietary intake of vitamins A and C is associated with increased odds of asthma and wheezing.<sup>5-7</sup>

**Vitamin C** is essential for human life because the body cannot create it. Vitamin C enhances the immune system, provides antioxidant protection against DNA damage, and significantly reduces the risk of numerous degenerative and chronic diseases.<sup>5,8</sup>

**Vitamin E** is a powerful antioxidant and has been shown to significantly reduce oxidative damage. Vitamin E enhances the body's resistance to disease and is important for healthy nervous system function. Numerous studies suggest that vitamin E also plays a vital role in the prevention of various cancers.<sup>5,9,10</sup>

**Apple fruit** - Epidemiological studies have linked apple consumption with reduced risk of asthma, cardiovascular disease, diabetes and some cancers. Apple consumption has also been positively associated with increased weight-loss and general pulmonary (lung) health, including increased lung function.<sup>11-13</sup>

**Grapeseed** contains naturally occurring antioxidants known as proanthocyanidins, which have been shown to enhance vision; promote healthy skin; improve flexibility in joints, arteries and body tissues such as the heart; and improve blood circulation by strengthening capillaries, veins and arteries.<sup>5,14</sup>

**Strawberry fruit** contains natural compounds that have potent antioxidant power. Dietary intake of strawberries has been shown to significantly reduce DNA damage from oxidative stress. Strawberries are also a rich source of vitamin C and folate (folic acid).<sup>4,15</sup>

**Raspberry fruit** is a rich source of powerful antioxidant compounds, including anthocyanins and vitamin C. Among fruits commonly consumed in the U.S., raspberries and blueberries rank among the highest in cellular antioxidant activity.<sup>16,17</sup>

**Blueberry fruit** is a rich source of powerful antioxidant compounds, including anthocyanins and vitamin C. Blueberries also demonstrate cardiovascular protection and anti-cancer, anti-diabetic and vision-enhancing properties.<sup>18,19</sup>

**Tart cherry fruit** - Numerous antioxidant and anti-inflammatory compounds have been identified in tart cherries. Studies suggest that consumption of tart cherry juice improves antioxidant defenses.<sup>20,21</sup>

**Pomegranate fruit** is a rich source of antioxidants and provides anti-diabetic, anti-cancer and cardioprotective properties.<sup>22-24</sup>

**Cranberry fruit** provides potent antioxidant and anti-inflammatory activity. Consumption of cranberries has been linked to improved urinary tract health and may also protect against cardiovascular and other degenerative diseases.<sup>22,25-27</sup>

**Carrot root** is a rich source of beta-carotene, a powerful antioxidant. Higher dietary intake of beta-carotene has been associated with a lower risk of allergic sensitization and allergic diseases in young children.<sup>28,29</sup>

**Tomato fruit** - Regular consumption of tomatoes is associated with a lower risk of chronic degenerative diseases,

including certain cancers and eye diseases. These health benefits are due to the presence of antioxidants in tomatoes, including lycopene, vitamin C, vitamin E and antioxidant flavonoids.<sup>30,31</sup>

**Broccoli flower** - Broccoli contains various antioxidants, including vitamins C and E and selenium. Broccoli also contains glutathione, a sulfur-containing antioxidant that exerts strong anticancer activity and assists in the detoxification of carcinogenic (cancer-causing) substances.<sup>32,33</sup>

**Spinach leaves**, which are a rich source of vitamins, minerals and antioxidants, provide numerous health benefits, including anti-cancer activity and central nervous system protection.<sup>22,34</sup>

**Kale leaves** are an excellent source of beta-carotene, as well as calcium, iron and selenium. Both beta-carotene and selenium provide strong antioxidant properties. Kale also contains high levels of lutein, a carotenoid that provides antioxidant protection and is essential for vision and eye health.<sup>22,35</sup>

Each serving of Sunshine Heroes Whole Foods Antioxidant provides the antioxidant power of 2 average servings of fruits and vegetables, based on ORAC (oxygen radical absorbance capacity) value. ORAC is a standard measurement of antioxidant activity used in the nutraceutical, pharmaceutical and food industries. Sunshine Heroes Whole Foods Antioxidant also provides the Sunshine Heroes Protector Shield—a proprietary blend of whole foods, fruit juice concentrates, and beneficial micronutrients.<sup>36</sup>

The Sunshine Heroes Protector Shield provides important antioxidants, vitamins, minerals and amino acids (the "building blocks" of protein), which promote healthy growth and development and a strong immune system. The Protector Shield contains:

*Whole Food Complex* (mangosteen, cranberry, broccoli, spinach, asparagus, carrot, tomato, açai and pomegranate) - These fruits and vegetables are rich sources of antioxidants, immune-boosting phytonutrients, minerals and vitamins, including vitamins A, B-Complex, C, E and K.

*Fruit Juice Concentrates* (white grape, apple, pear, orange, pineapple, cherry, strawberry, and blueberry) - This antioxidant-rich blend of fruit juices provides vitamin C, folic acid, potassium, and other nutrients that promote cardiovascular and immune health and help protect against certain cancers.

*Micronutrients Blend* (L-leucine, L-lysine, L-valine, Choline, Inositol, L-isoleucine, L-threonine, L-phenylalanine, L-arginine, L-cysteine, L-methionine, and L-tyrosine) - Amino acids are the building blocks of proteins necessary for healthy growth and development and proper functioning of the central nervous system and brain. Choline and inositol are members of the B-complex vitamin and are necessary for healthy brain development, as well as cognitive and memory function.<sup>37</sup>

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