

# FT-15 EXTRACT

FT-15 extract is a premium concentrate fruit extract which is a combination of 15 super special fruits:



- Acai Berry
- Cranberry
- Dragon fruit
- Pomegranate
- Guava
- Mango
- Pear
- Papaya
- Blue Berry
- Goji Berry
- Sea Buckthorn
- Grape Seed
- Pineapple
- Orange
- Banana



## FIBRE

Fiber may actually help you live longer. People who take a higher intake of fiber tends to have lower risks of heart disease, obesity, type 2 diabetes, stroke, high blood pressure (hypertension), and digestive disorders

## VITAMINS

Vitamins are required to perform many functions in the body such as making red blood cells, synthesizing bone tissue and playing a role in normal vision, nervous system function and immune system function. Vitamin deficiencies can cause severe health problems.

## MINERALS

Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, which includes keeping your bones, muscles, heart, and brain functioning properly. Minerals are also important for making enzymes and hormones. There are two kinds of minerals: Macro minerals and Trace minerals. Macro minerals include Calcium, Phosphorus, Magnesium, Sodium, Potassium, Chloride and Sulfur. Trace minerals include Iron, Manganese, Copper, Iodine, Zinc, Cobalt, Fluoride and Selenium.

Folate is a B-vitamin that is naturally present in many Fruits & foods. Folate helps the body make healthy red blood cells. Your body needs folate to make DNA to other genetic material. Your body also needs folate for your cells to divide.

## FOLATE

Antioxidants are molecules that neutralize free radicals, unstable molecules that can harm your cells. Your body uses antioxidants to balance free radicals. This keeps them from causing damage to other cells. They also help to boost your immunity

## ANTIOXIDANTS

Carbohydrates are molecules composed of carbon, hydrogen, and oxygen. The major food sources of carbohydrates are Fruits, Grains, Milk & Vegetables. Carbohydrates are one of three macronutrients - along with proteins & fats - that your body requires daily. Carbohydrates are your body's main source of energy: They help to fuel your brain, kidneys, heart muscles, and central nervous system. For instance, Fiber is a carbohydrate that aids in digestion, helps you to feel full, and keeps blood cholesterol levels.

## CARBOHYDRATES

### BENEFITS

- Helps to boost Immunity
- Loaded with Nutrients
- Helps to prevent cells & tissues against free radical damage
- Helps to promote healthy Digestive system
- Helps to keep skin youthful
- Helps to improve well-being
- Helps to promote Healthy Heart
- Helps in weight loss



### DOSAGE

20 ml twice a day empty stomach or as directed by nutritionist