

Nature's 18

Description and Purpose

Are you getting your recommended 5 portions of fruit and vegetables every day? The National Cancer Institute's nutritional guidelines state that every man, woman and child should consume a minimum of 5 portions of fruit and vegetables a day. Fruit and vegetables contain powerful health-promoting, immune system-enhancing antioxidants and other phytochemicals, and are an important source of many nutrients our bodies need.

Forever knows that our good intentions of eating a balanced diet are not always met. We want to make sure that you and your family meet these minimum requirements. So we have created Nature's 18 - a proprietary blend of fruit and vegetables that are the heavyweights, when it comes to supporting your health.

Just 4 tablets gives you the antioxidant equivalent of eating 5 portions of fruit and vegetables a day - grape, apple, blueberry, elderberry, cranberry, raspberry and grapeseed extract all support the immune system with their antioxidant phytochemicals. Rutin, which is found in oranges, grapefruits, lemons and limes, has been shown to support healthy joint function and circulation, and bananas are known for their potassium content and ability to support healthy blood pressure levels. Carrots, cabbage, cauliflower, celery and green beans are all noted for their phytochemicals that promote good health through the elimination of free radicals in the body. Kiwi, prune, red bell pepper, courgette and parsley all provide vitamin C as well as promoting good digestion and eye health.

At a glance...

- 4 tablets (2 in the morning and 2 in the evening) give you the antioxidant equivalent of eating 5 portions of fruit and vegetables a day
- Fruits and vegetables contain powerful health-promoting and immune-enhancing antioxidants plus other phytochemicals
- Chewable, great tasting tablet – ideal for the entire family



Formula Ingredients

Serving size:	2 tablets	
Servings per container	60	
Amount per serving		% Daily value
Calories	10	
Total carbohydrate	2g	<1%**
Sugars	2g	
Vitamin C	20mg	33%
Proprietary blend:	1004mg	

Grape (*vitis vinifera*) (juice), apple (*malus pumila*) (juice), blueberry extract [standardised to contain 1.5% anthocyanins (*vaccinium corymbosum*) (fruit)], elderberry extract [standardised to contain 4% anthocyanins (*sambuccus nigra*) (fruit)], cranberry extract (*vaccinium macrocarpon*) (fruit), banana (*musa sapientum*) (fruit), grape extract [standardised to contain 95% proanthocyanins (*vitis vinifera*) (seed)], rutin, raspberry extract [standardised to contain 4% ellagic acid (*rubus chingii*) (fruit)], cabbage (*brassica oleracea capitata*) (aerial part), carrot (*daucus carota sativa*) (root), cauliflower (*brassica oleracea botrytis*) (aerial part), celery (*apium graveolens*) (aerial part), green bean (*phaseolus vulgaris*) (fruit), kiwi (*actinidia chinensis*) (fruit), lime (*citrus aurantifolia*) (fruit), parsley (*petroselinum crispum*) (leaf and stem), prune (*prunus domestica*) (fruit), red bell pepper (*capsicum annuum*) (fruit), and courgette (*cucurbita pepo*) (fruit).

** Percent daily values are based on a 2,000 calorie diet - daily value not established.

Other Ingredients

Dextrose, malic acid, stearic acid, silicon dioxide.

Contents

120 tablets (30 day supply).

Directions

Chew 2 tablets twice daily (2 in the morning and 2 in the evening).



Note: The product is sensitive to heat, cold and light. Store in an even temperature, preferably in the dark.

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