



• Do you know what fruit is called the Queen of fruits?

Mangosteen is a fruit which scientific research has shown to possess remarkable health benefits.

Mangosteen is exponentially high in extremely important vitamins, minerals, and, most importantly antioxidants. These rich substances are called Xanthones.

To find out more click on this link: www.O2T.net.au

• Super fruits set to dominate flavour market

The increasing popularity of berries and berry flavours in recent years is now extending to other less well-known super fruits, such as pomegranate, mangosteen, acai and noni, which are all being marketed on their antioxidant content and associated health benefits.

Scientific research to date has centred on the antioxidant and related heart-health properties of pomegranate.

To find out more click on this link: www.foodnavigator.com/news/ng.asp?id=66783

• What's the (ORAC) Score??

ORAC stands for **Oxygen Radical Absorbance Capacity**. Oxidation breaks down the cells in our body which causes illness – just the way oxidation causes metal to rust, making it weak and flaky.

The best way to stop oxidation is to eat the right foods high in antioxidants. The ORAC score is a measure to identify which foods are high in antioxidants. O2T is high in antioxidants because it contains fruits such as Mangosteen and Pomegranate.

To find out more click on this link: www.cancer.med.umich.edu/learn/nutorac.htm

• Did you know?

Did you know that our bodies are designed to operate in an environment that existed hundreds of years ago – when 30 to 40 per cent of the air breathed was oxygen. Due largely to pollution this level today is as low as 15 per cent in some cities.

Click on this link to see how through exercise and diet we can restore the balance of oxygen in our blood and help prevent us getting ill.

www.liveinformed.com/Infusion.aspx?ArticleID=1965&categoryid=28&MEMBERID=6403