

# ViaVienté



## THE VIAVIENTÉ INGREDIENT DIFFERENCE

ViaVienté is a product designed to be truly effective by keeping each of its ingredients exactly as nature intended: ALIVE, WHOLE, AND PURE – COMPLETELY UNADULTERATED.

- Each ingredient is chosen for its time tested health benefits and nutritional properties.
- There are no extracts, concentrates, freeze dried ingredients or powders used in ViaVienté.
- Ingredients indicated by a † are sourced from Equatorial regions of Vilcabamba where 1 in 64 people have been found to live over 100 years of age. Because of the rich soil and intense sunlight in these areas, fruits grow thicker skins and have been shown to have increased nutrient density with more antioxidants, polyphenols and xanthenes.
- There are no herbicides or pesticides used in the growth of any of our ingredients and we test for these residues to guarantee our product is safe for your consumption.
- Each ingredient is processed using the WHOLE FRUIT (making it even more important that we continue to vigilantly test for pesticide residues) and maintaining the LIVING ENZYMES.
- Dr. Morton Walker identified that the water in the Vilcabamba Valley was loaded with a unique chelated mineral profile. Consumed daily by the Vilcabamban's, this water was a key contributor to their extraordinary health and longevity. This same water and mineral complex is found in every bottle of ViaVienté.
- Every ounce of ViaVienté contains the antioxidant equivalent of 5 servings of fruits and vegetables which is the minimum daily requirement that the FDA recommends.

### EACH WHOLESOME INGREDIENT CHOSEN FOR TIME TESTED HEALTH BENEFITS

Only the healthiest and most time-proven ingredients from around the world are used in ViaVienté. In the United States ingredients like prunes for digestion, cranberries for urinary tract function, and aloe vera for healthy skin, hair and nails are common knowledge but the benefits of many of the others may only be familiar in their native countries. This list, while not exhaustive, is meant to assist the consumer in understanding some of the historical uses of each ingredient hand picked for inclusion in ViaVienté and it's most commonly sited nutritional attributes. A synergistic effect occurs when you combine these powerful antioxidants together to create one of the highest antioxidant profiles of any product on the market.

† **ALOE VERA:** The historical health benefits of aloe vera taken internally include: improved circulation, regulation of blood pressure, and the promotion of healing, immune function, defense against bacteria, digestive function, and blood sugar regulation. Aloe vera is a rich source of over two hundred naturally-occurring nutritional substances. These components include twenty amino acids, eight enzymes, nine minerals, plant sterols, mono and polysaccharides, antioxidants, Vitamins A, C, E, B complex, and glycoproteins.

† **APPLE:** Apples could be one of the best sources for general strengthening of one's health – thus the reason they say apples "improve constitution." Just Google "health benefits of apples" and you will see research showing benefits for fighting multiple types of cancer, Alzheimer's, weight loss and more. Apples are an excellent source of dietary fiber, Vitamin C, pectin, and flavonoids: phloridzin, quercetin, and naringin.

† **BILBERRY:** Historically used for improving vision, balancing blood sugar, as a natural anti-inflammatory and powerful antioxidant; bilberries contain significant amounts of Vitamins A, C and all the B Vitamins along

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with a class of flavonoids called anthocyanins which researchers believe may be up to 3 times more effective than carotenoids.

**BLUEBERRY:** Blueberries are among the fruits with the highest antioxidant content available and have traditionally been used for richer blood, healthier tissues, and immune function. Blueberries contain Vitamins A, B1, B2, C, E, and the minerals calcium, phosphorus, potassium, iron, flavonoid anthocyanins and phenolics.

**CHINESE SKULLCAP:** Historically Chinese Skullcap has been used for issues revolving around mobility because of its anti-arthritis and anti-inflammatory properties. More recently research is being done on this root's anti-cancer, digestive, and heart health benefits. Chinese skullcap most significantly contains high levels of the nutritious flavonoids baicalin, wogonin, and baicalein.

**CRANBERRY:** Cranberries main medicinal use has historically been for urinary tract support. Cranberries are a source of the minerals calcium, magnesium, potassium, and phosphorus, plus various vitamins like Vitamins A, B1 and B2, C and phytonutrient antioxidant powerhouse flavonoids such as proanthocyanidins (OPC).

† **ELDERBERRY:** Elderberry has historically been used in Europe for upper respiratory function, treating colds, fevers and most recently researched for its effectiveness against the influenza virus. Elderberries contain Vitamins A, B, C, bioflavonoids and anthocyanins.

† **GENTIAN ROOT:** Traditionally used for digestion and circulation, Gentian Root is rich in the B-complex nutrients, Vitamin F and trace minerals.

† **GRAPE:** Grapes are one of the planet's earliest cultivated foods with thousands of years of use for supporting immune and digestive function. The most recent research has focused on the polyphenol content of grapes, and more specifically resveratrol, and its links to inhibiting cancer, heart disease, degenerative nerve disease, viral infections and mechanisms of Alzheimer's disease. Grapes with seeds, as used in Via Vienté, also contain Vitamin A, B1, B2, C, Iron, potassium, rutin, minerals, pectin, tannins, and fiber.

† **LYCIUM FRUIT:** Used for thousands of years in China to enhance immune system function, help eyesight, protect the liver, and improve circulation, Lycium Fruit (also known as Gogi Berries) are very nutritionally dense. These berries contain beta-carotene, Vitamins C (one of the highest sources in the world), B1, B2, B6, E, isoleucine, tryptophan, zinc, iron, copper, germanium, selenium, phosphorus and more.

† **NONI:** Originally used by the Polynesians as a natural anti-inflammatory and aid for healing of wounds, infections and rheumatism; Noni contains Vitamins A, B, C and E, calcium, selenium and flavonoids.

† **POMEGRANATE:** Originating in Persia, pomegranate use has been dated back to 1000 BC and has been historically used for immune support and heart health. Pomegranate contains high levels of Vitamin C, B5, potassium, polyphenols, and beta-carotene.

† **PRUNE:** Prunes contain a lot of fibers and sorbitol, a stool loosening sugar that has given prunes their historical use as a digestive aid. They contain Vitamins A, B, C, Calcium, Iron, Phosphorus, Potassium, phytochemicals, flavonoids, and carotenoids.

## The Vilcabamba Mineral Essence provides Chelated Minerals in an ideal balance for Human Health

Minerals are the spark plugs of life because they are required to activate thousands of enzyme reactions within the body. They are essential to key body functions including metabolism, cellular function, nervous system function and muscle function. Chelated minerals are more easily absorbed by the body providing a 95% absorption rate as compared to only 10% with non-chelated minerals. The Vilcabamba Mineral Essence is important because it provides a ratio of Chelated Minerals in an ideal balance for your health.

Calcium	Builds bones and teeth, aids muscle contraction, heart action, nerve impulses, blood clotting
Chromium	Glucose utilization, insulin activity, heart muscle function, cholesterol utilization
Cobalt	Works with vitamin B12 for red blood cell production and nervous system health
Copper	Hemoglobin formation, production of RNA, elastic tissue formation, cholesterol utilization, oxidase enzyme activator
Iodine	Metabolic regulation and thyroid function
Iron	Hemoglobin formation, electron transport, oxygen transport, enzyme activator
Magnesium	Bones, liver, muscles, transfer of intercellular water, alkaline balance, neuromuscular activity

Manganese	Carbohydrate metabolism, protein metabolism, connective tissue, joint fluid production, nerve tissue, Vitamin B1 utilization
Molybdenum	Enzyme activator, uric acid formation, oxidative enzymes
Phosphorus	Bone health and energy production
Potassium	Cell membrane potential, nerve impulse conduction, heart rhythm, acid base balance
Selenium	Peroxidase scavenger, glutathione peroxidase, anti-carcinogenic, Vitamin F synergist
Sodium	Electrolyte balance, body fluid volume, nerve impulse condition
Zinc	Protein synthesis, carbon dioxide transport, sexual function, insulin storage, carbohydrate metabolism, wound healing